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Thursday, February 7, 2013

 News worth sharing.

Charges laid in deaths of two Ottawa women

Update. Top cop Charles Bordeleau to hold news conference Thursday

Police have charged an Ottawa man with two counts of first-degree murder in rela-

tion to the unsolved deaths of two local women in 2011 and 2008.

Marc Leduc, 56, was charged Wednesday and will appear in court Thursday, according to his lawyer, Ian Carter.

Police confirmed they

made an arrest Wednesday in the deaths of Pamela Kosmack, 39, and Leanne Lawson, 23, but declined to provide further details.

Kosmack's body was found June 4, 2008, near a bike path in Lincoln Heights.

Lawson was found mur-

dered in the early morning hours of Sept. 2, 2011, in the 300 block of King Edward Avenue.

According to a report from APTN News, police made a DNA link between Leduc and the two women within the last three weeks.

Media reports say on Nov. 2, 2012, Leduc was arrested after a man attacked a teenage girl at knifepoint before being fought off by the victim in her home.

Court records show Leduc was charged with a slew of offences following the incident,

including sexual assault, forcible confinement, sexual assault with a weapon, sexual assault causing bodily harm and uttering threats.

He is scheduled to appear in court in relation to those charges on Feb. 12.

JOE LOFARO/METRO



Ottawa police investigators work as undertakers to transfer the body of Leanne Lawson from a crime scene to a vehicle Sept. 2, 2011. Lawson's body was found near a parking lot near King Edward Avenue. Police laid charges Wednesday in Lawson's death and the killing of Pamela Kosmack, inset. MIKE CARROCCETTO/FOR METRO, INSET: CONTRIBUTED

Trying to be optimistic

Mayor Jim Watson hopes infrastructure plans will be included in the upcoming federal budget PAGE 4

Sexy Anne of Green Gables?

A new edition of the book depicts the famously youthful and red-haired heroine as a curvaceous blond teen PAGE 8

Lean way to celebrate

These Asian-beef lettuce wraps are a lighter way to ring in the Chinese New Year PAGE 32



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Gatineau

Pit bull attacks letter carrier

A Canada Post letter carrier was bitten by a pit bull in Gatineau on Tuesday and sustained wounds to his legs before the dog was captured and held by the SPCA.

"The dog was inside the house and as soon as the employee from Canada Post knocked at the door, the owner opened the door and the dog jumped," said Gatineau police spokesperson Pierre Lanthier.

The letter carrier was taken to hospital after calling police to the scene at 967 St-Louis St.

Lanthier said the dog's owner is facing three or more tickets, each worth \$147. **GRAHAM LANKTREE/METRO**

Gatineau

'Love triangle' behind threats against boy: Cops

Two teen boys have been charged with allegedly uttering threats to a 15-year-old boy who Gatineau police say was involved in an apparent "love triangle."

Around 12:50 p.m. Tuesday, police got a call about someone making death threats. They were told a suspect was going to l'école secondaire Hormisdas Gamelin in Buckingham, Que., and a firearm was involved. The school was put on temporary lockdown as a precaution until about 3 p.m.

Gatineau police spokesperson Pierre Lanthier said Wednesday that there was no link between the investigation and the school.

Two boys, aged 15 and 17, were arrested around 7 p.m. Tuesday and were to appear in youth court Wednesday, Lanthier said. He did not elaborate on the circumstances of the threats. **JOE LOFARO/METRO**



Gavin McDougall of the Kemptville Panthers skates after the puck during an event that raised funds for the University of Ottawa Heart Institute, in honour of his father, coach Stephen McDougall, who was recuperating after undergoing heart surgery Wednesday. **SABINE GIBBINS/METROLAND NEWS SERVICE**

Coach on the mend won't have to miss son in action

Tuned in. College radio station steps in to help Ottawa cop keep up with games while recuperating from heart operation

Quoted

"It sounds corny, but my favourite thing is just the smiles the kids have when they go out on the ice. We push the team aspect of it. Tobogganing days, gym days, fundraising. It's not just hockey, it's a bunch of stuff that makes a team."

Hockey dad Stephen McDougall



GRAHAM LANKTREE
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An Ottawa police officer hoped to listen to his eight-year-old son's hockey game on the radio as he recovered from triple-bypass heart surgery Wednesday night — a broadcast made possible thanks to Algonquin College radio students.

"It's been a great source of motivation and I'm getting all welled up here. It's pretty special," said Stephen McDougall, a

47-year-old detective, just hours before he was set to undergo the operation at the University of Ottawa Heart Institute.

Two weeks ago, after coaching his son Gavin's hockey practice, McDougall said a strong pain began at the top of his chest. After driving himself to the Kemptville hospital emergency room, he was diagnosed.

"I had had a heart attack and would require an angiogram to determine damage to my heart and be scheduled for bypass. It

was a big shock. I was lucky."

Out for the season as the coach of his son's Novice B team, the Kemptville Panthers, McDougall has been buoyed by support from parents of the other players as well as the community.

"Gavin's Grade 2 teacher cooked a meal for us that we ended up eating here while we watched the Super Bowl in hospital," he said. "I wanted to say thanks to family and friends who have been supportive."

Not only that, but Algonquin College students heard McDougall's story and wanted to do something special to get him back in the game.

"The fact this guy can listen from his hospital bed, I think it's going to have a huge impact," said Algonquin College's CKDJ 107.9 FM sports director Colin Teskey, who will deliver a play-by-play of the game between the Panthers and the South Grenville Rangers.

"For a hockey story like this, this is something TSN could cover," said Teskey. "We would love to cover the three or four games coming up while he's still in hospital."

McDougall said that he will have a five-day stay at the Heart Institute and then months of recovery from the surgery.

As of press time, the Heart Institute was unable to give an update on McDougall's status.

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32 hours

Gatineau man accused of abducting ex-lover at knifepoint

A Gatineau man is facing multiple charges after allegedly abducting his ex-lover at knifepoint and holding her prisoner for 32 hours in his home.

"We had a search warrant executed last night and several objects were seized that were used during the confinement: Knives, blades, chains, locks and other objects," said Gatineau police spokesman Sgt. J.P. Lemay. "She was tied up during several hours. She had no physical injuries, but obviously she was shaken up psychologically and emotionally."

Charged with abduction,

forcible confinement, aggravated assault and threats of causing bodily harm, 47-year-old Sylvain Beaulne appeared in a Gatineau court Wednesday afternoon.

The 43-year-old victim was abducted at knifepoint as she left her home for work at 6:30 a.m. Monday, police said, adding the assailant forced the woman into her car and took her to his home.

Police were tipped off at

10:40 a.m. Tuesday after a concerned friend of the victim called when the woman did not appear at work for a second day in a row.

"She knew about the worries she had about her ex," said Lemay, who noted the man and the victim have three children together.

In 2002, Beaulne was arrested on similar charges and sentenced in 2003.

GRAHAM LANKTREE/METRO



Gatineau police Insp. Steve Dessureault, left, and Sgt. J.P. Lemay on Wednesday. GRAHAM LANKTREE/METRO

Flaherty: No decision made on new infrastructure spending

Upcoming budget.

Mayor still hopeful for federal cash



ALEX BOUTILIER
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Ottawa's mayor remains optimistic a new infrastructure plan will be included in the upcoming federal budget.

Jim Watson said that, while there was some expectation there would be an announcement to that effect on Wednesday, he'd wait for the budget "like every other Canadian."

"That's where the rubber meets the road on these kinds of announcements," said Watson. "I'm still optimistic that we will see an infrastructure program. We've certainly gotten some very positive signals from other ministers we've talked to."

Watson was speaking after an Economic Club of Canada luncheon, where Finance Minister Jim Flaherty told the crowd no determination on future infrastructure spending has been made.

"We've had continuing discussions of course, but I must say that no decision has been

Quoted

"We will not engage in dangerous and risky new spending schemes. We will not engage in endless spending to increase deficits."

Finance Minister Jim Flaherty

made in terms of a future infrastructure plan," Flaherty said. "Any decision will be made in the context of our current fiscal situation."

Flaherty also told reporters about \$6 billion remains in the Building Canada Fund, and noted the federal gas-tax rebate for municipalities has been made permanent.

"So all of that is in place. What has not been decided is where we go in addition to that, if we go in addition to that, being mindful of our fiscal situation," Flaherty said.

Flaherty's comments came just hours after the Federation of Canadian Municipalities renewed its call for increased aid to cities grappling with crumbling infrastructure. The FCM wants the federal government to up annual municipal infrastructure spending to \$5.75 billion from \$3.25 billion.



Finance Minister Jim Flaherty gestures as he delivers a speech to the Economic Club of Canada on Wednesday.

ADRIAN WYLD/THE CANADIAN PRESS

Canada West Foundation

Funds need to continue, report says

The short-term injection of federal infrastructure cash in the wake of the global recession went a long way, but it won't have a lasting effect without continued spending, according to a report from the Canada West Foundation.

The report, released Wednesday morning, recommended "sustained and strategic investments" in public infrastructure.

"Short-term plans for infrastructure are not likely to pay off long-lasting benefits in terms of economic productivity," said Casey Vander Ploeg, a senior analyst for Canada West.

Priority, according to the think-tank, should be given to infrastructure that enhances economic growth such as wastewater, energy, communication and transportation systems.



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Accused threatened to stab victim before deadly fight: Witness

Benjamin Taylor trial.

A night of partying turned violent when a fight erupted after Taylor asked everyone to leave his apartment, court hears



JOE LOFARO
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A man being tried for second-degree murder in the March 18 death of Scott Ledoux threatened to stab Ledoux moments before a fight broke out, a court heard Wednesday.

The accused, Benjamin Taylor, had left a party he was hosting in his Orleans apartment with a friend to attend a nearby party, court heard. Taylor was upset when he returned to find his own apart-

ment crowded with people.

A fight started with Taylor punching Ledoux in the face and ended with Ledoux lifting his shirt to reveal a bloody chest, said witness Justin McCulloch, a former friend of the accused.

McCulloch, 19, said Taylor made the threat while holding a knife. The Crown alleges Taylor stabbed Ledoux several times.

Taylor, who was 18 at the time of the incident, has pleaded not guilty.

McCulloch said when he and Taylor returned to Taylor's apartment, it was "packed" with about 20 people.

"He told everyone to leave," said McCulloch, adding that Ledoux chose to stay behind as others started to leave.

McCulloch said Taylor put his hand on Ledoux's shoulder, which prompted Ledoux to say, "Don't f---ing touch

me."

He said Taylor then punched Ledoux in the face and the pair struggled briefly. The fight was broken up, but then Ledoux wanted a "rematch," according to McCulloch.

"I knew he was angry and he wanted to fight Ben again," he testified.

Then, Taylor grabbed a knife from a dish pile in the kitchen, said McCulloch, who added he heard Taylor mutter under his breath, "I swear to God I'm going to stab him if he doesn't get out."

To settle things down, McCulloch said he told Taylor, "No, not happening," and Taylor put the knife back in the dish pile. But Ledoux charged at Taylor and the two men fought, a struggle that ended with Ledoux lifting his bloodied shirt.

The trial continues Thursday.



PETA stages a bed-in

PETA volunteers Konnor Mullen and Nives Brkic cuddle in pyjamas on an air mattress at the corner of Bank and Albert streets Wednesday, next to a half-plucked goose mascot. The animal-rights organization staged the protest over the use of bird down in products such as coats and bedding, claiming birds are plucked while alive for their feathers. SEAN MCKIBBON/METRO

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Thirteen-year battle

Feds appeal ruling on Indian status

The federal government will appeal a landmark Federal Court ruling that would vastly expand the ranks of people considered Indians.

After more than 13 years of legal wrangling, the court

ruled last month that Métis and non-status Indians are indeed "Indians" under a section of the Constitution Act.

On Wednesday, Aboriginal Affairs Minister John Duncan said the ramifications of the decision demand a ruling from a higher authority. He added the services provided to aboriginals must be fiscally sustainable. **THE CANADIAN PRESS**

Price disparity. Senators urge tariff review to help match U.S. prices

A Senate committee says Ottawa should launch a comprehensive review of tariffs as a way of narrowing the price gap between Canadian and U.S. consumer goods.

The committee says Canadian consumers feel ripped off by higher prices in Canada, but the problem is not as simple as it appears.

A report cites factors like the different size in the market and the fact suppliers often charge Canadian retailers more than counterparts in the U.S.

But it also notes that many witnesses pointed the finger at import tariffs applied by the federal government on consumer goods,

Prediction

The report expects the price differential between goods in Canada and the U.S. to close as competition increases and more consumers become price-savvy.

which can sometimes reach as high as 18 per cent.

Prior to the report's release, Finance Minister Jim Flaherty said the government has been looking into tariffs, particularly on consumer goods, to see if they can be lowered or eliminated.

THE CANADIAN PRESS

Sexy Anne of Green Gables mortifies nation of readers

11-year-old redhead. Flirtatious blonde teenager adorns the cover of new edition

A new image of Canada's most beloved literary orphan has Canadians seeing red, but not where they're supposed to.

A new edition of Anne of Green Gables depicts the notoriously youthful and ruddy-headed heroine as a curvaceous blond teen, sparking a fierce backlash from scholars and casual readers alike.

Critics derided the cover, saying it is a far cry from the feisty, 19th-century 11-year-old brought to life in the pages of L.M. Montgomery's classic novels.

The image appears on the cover of a Three in One edition produced by CreateSpace, a subsidiary of the Amazon group that allows people to self-publish their material.

Many readers argued the picture, which flatly contradicts many textual references to Anne's appearance, amount



The cover image of a new edition by CreateSpace, left, meets Anne's copyrighted traditional look. **TORSTAR NEWS SERVICE**

to character assassination.

"Anne's fiery hair, unfortunate complexion and gangly build define her character... for she learns to cultivate ideals of inner and outer beauty," one reader wrote on the book's Amazon.com page.

Nick Mount, Canadian literature professor at the Uni-

versity of Toronto, suspects the photo was used in part to contravene copyright protections.

While Montgomery's text is in the public domain, the traditional image of Anne is owned jointly by the province of Prince Edward Island and the heirs to the author's estate.

THE CANADIAN PRESS

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"Messing with this particular image is asking for trouble."

Nick Mount, Canadian lit professor at the University of Toronto, saying the new image nearly defaces a Canadian cultural icon.

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Rights group warns of repeated mob-led sexual assaults in Egypt

Amnesty International.

President Morsi urged to put an end to the violence against women

Mob-led sexual assaults targeting Egypt's female protesters could increase if perpetrators are not punished, an international rights group warned on Wednesday.

Amnesty International said statements from victims show that the assaults follow a "clear pattern," where mobs of men encircle the victims, assault them with weapons and hands and then try to undress them.

Amnesty's warning followed a statement from the UN human-rights office, which last week said that about 25 women were reportedly sexually assaulted — in some cases with extraordinary violence — in Cairo's Tahrir Square during recent demonstrations against Egypt's Islamist President Mohammed Morsi.

The square was the centre of



Egyptian women gather to denounce sexual violence and harassment in Cairo on Wednesday. VIRGINIE NGUYEN HOANG/THE ASSOCIATED PRESS

the 2011 uprising that toppled former president Hosni Mubarak. It has been the scene of a number of assaults against women — both protesters and journalists — in the after-

math of the uprising and a place where women have been stripped, groped and raped at demonstrations.

The UN agency demanded that Egyptian authorities take

steps to bring the perpetrators to justice. Amnesty also urged prompt action.

"Horrific, violent attacks on women, including rape in the vicinity of Tahrir Square, dem-

onstrate that it's now crucial President Morsi takes drastic steps to end this culture of impunity and gender-based discrimination," said the London-based group. **THE ASSOCIATED PRESS**

Amnesty

19 violent attacks on women in one day: Report

Amnesty International cited a report by a local anti-harassment group, which said that a total of 19 violent attacks against women took place on Jan. 25 alone — the day Egyptians staged a huge demonstration in Cairo to mark the second anniversary of the uprising that ousted Mubarak.

Activists have called the incidents the worst in years, describing them as the darkest stain on the country's opposition street movement.

THE ASSOCIATED PRESS

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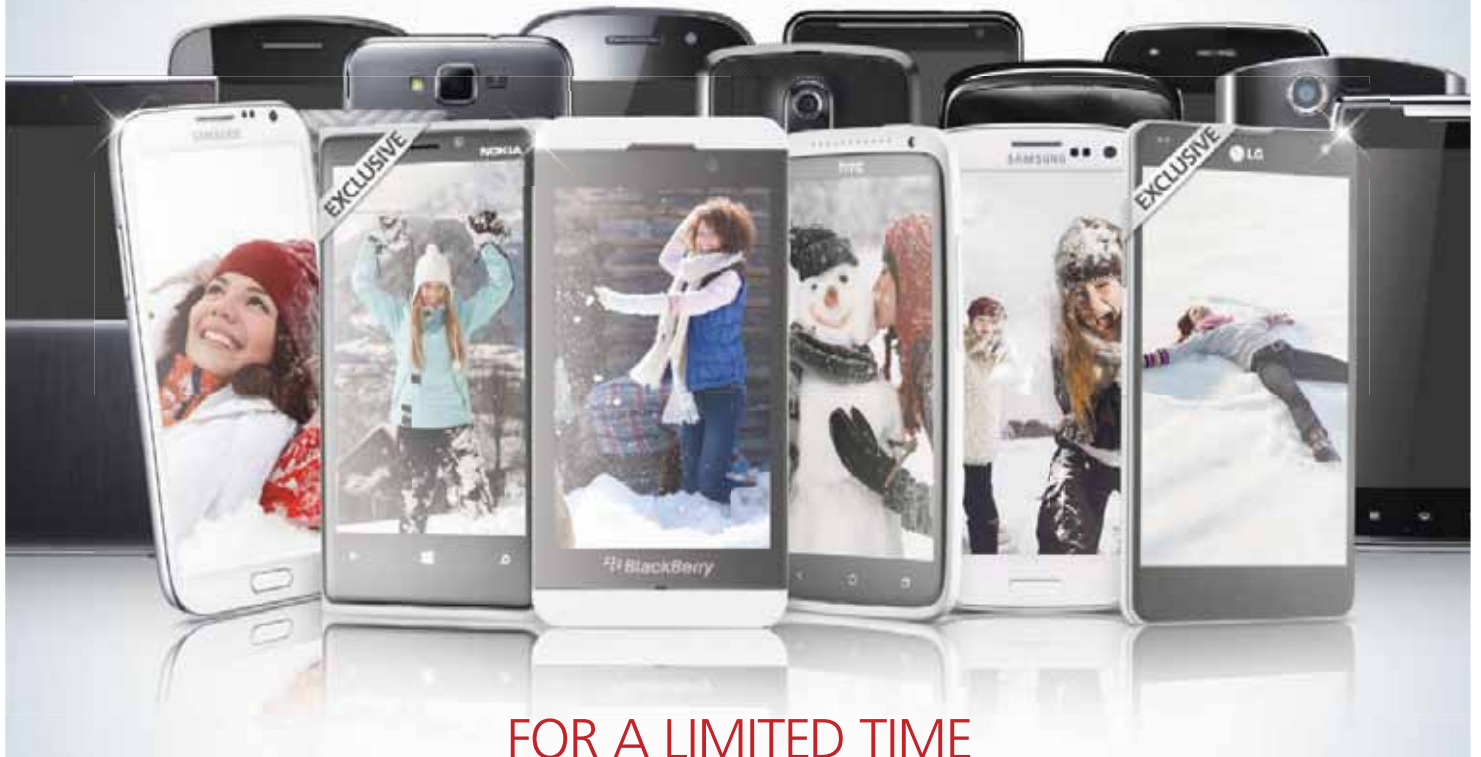
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 **ROGERS™**

Toddler killed in dispute with family over one-child limit

Two detained in China.

Couple's third child run over during conflict with Communist Party official

Police have detained a local official and a driver for allegedly running over and killing a 13-month-old boy during an argument with his family over the payment of a fine for violating China's strict family-planning limits, state media and the local government said Wednesday.

The boy's death Monday is the latest incident to aggravate long-running public resentment over the family-planning rules that limit many families to one child and some rural ones to two.

After the incident in a village outside the eastern city of Rui'an, thousands of residents protested outside local government offices, the official Xinhua News Agency reported.

Collecting fine

A team of 11 officials went to the village to persuade Chen Liandi and his wife Li Yuhong to pay a fine for violating the family-planning limits.

- Xinhua said the requested fine totalled more than 30,000 yuan (\$4,700 US) and was for giving birth to the boy.

Police detained the two people on unspecified charges late Tuesday, said a statement on the Rui'an government's official website. Xinhua identified them as a local Communist Party chief named Bai and a driver.

How the toddler came to be run over is not completely clear from the government and state media accounts. Rui'an's party Propaganda Department declined further comment.

Officials went to the village

to persuade Chen Liandi and his wife Li Yuhong to pay a fine for violating the country's family-planning limits.

An argument ensued and Chen tried to prevent the officials from taking Li to a government office, though she soon relented and agreed to get into a car and go, the accounts said. In the confrontation, the boy dropped from Chen's arms and was run over by a vehicle, the government statement and state media said. Xinhua said Chen tried to pull the boy away but was too late.

Reports of the incident have further inflamed popular dislike of the family limits and the use of beatings, forced abortions and sterilizations.

Photos posted online of a woman forced to undergo an abortion when seven months pregnant, because the family could not pay the fine of 40,000 yuan (\$6,300 US) for having a second child, sparked national outrage last summer.

THE ASSOCIATED PRESS



Unrest feared in Tunisia after political assassination

Tunisians demonstrate outside the home of opposition leader Chokri Belaid after he was shot to death in Tunis, Wednesday. A critic of the Islamist-led government and violence by radical Muslims, Belaid's killing is the first political assassination in post-revolutionary Tunisia. His death is likely to heighten tensions in the North African nation, where the path from dictatorship to democracy so far has been seen as a model for the Arab world. AMINE LANDOULSI/THE ASSOCIATED PRESS

Komodo dragon

Giant lizard attacks workers in park

A park official says two people have been hospitalized after being attacked by a giant komodo dragon that wandered into the office of a wildlife park in eastern Indonesia.

An official at Komodo National Park, Heru Rudiharto, said Wednesday the two-metre-long animal attacked a park ranger after walking into the office on Tuesday. It then attacked another park employee who came to help him. Both were badly bitten. THE ASSOCIATES PRESS

Samsung phone battery

Is that a fire in your pants or ...

South Korean fire officials say a man suffered burns after the battery from a Samsung smartphone caught fire in his trouser pocket.

The lithium-ion battery was not in the phone when it caught fire, officials said Wednesday. Such batteries are quick to charge but prone to overheating.

THE ASSOCIATES PRESS

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Some of Chicago's skyline is seen reflected on the 110-tonne stainless steel Bean, also called Cloud Gate sculpture, at Millennium Park in downtown Chicago. The Chicago Tribune has written a love letter to Canada in a recent editorial. TIM BOYLE/GETTY IMAGES

Canada gets a love letter from Chicago newspaper

Beyond the moose and maple leaves. Chicago Tribune calls Canada a 'rising star' among nations

The Chicago Tribune has written a love letter to Canada, suggesting that we have taken the Windy City by storm.

In an editorial this week, the Tribune called out to our country for us to deliver what they so desperately want: Our low gun crime, our Tim Hortons coffee, our oil and our stable banking system.

"We hope some of that good Canadian fortune rubs off on our city," the editorial states.

Some of that good fortune was already delivered in the recent move of successful CFL coach Marc Trestman to the Chicago Bears of the NFL, fuelling Super Bowl dreams.

The editorial added that it wasn't just Trestman's appointment that has heralded Canada's ascension to "Chicago cool."

Poutine has now become a staple at many of Chicago's trendiest eateries.

From the banking system to Canadian politics to our health-care system, the Tribune counted the ways that Canada is bigger than moose and maple leaves.

Even Prime Minister Stephen Harper is not exempt,

Cross-border love

Some of the reasons why Chicago loves Canada:

- Canada's banks are regulated and stable.
- Canada's housing market never collapsed like it did in the U.S.
- Canada's health-care system is the envy of the U.S.
- Canada is experiencing a gold-rush energy boom.
- The loonie trades at an equal value to the U.S. dollar.
- Canadian PM Stephen Harper is expected to ink a free-trade agreement with the European Union that will put pressure on the U.S. to do the same.
- While Chicago roots for its Blackhawks, half the team hails from Canada.

although the editorial suggests that many Americans still don't know who he is.

In calling our country a "rising star" among nations, the editorial says that "the tail is wagging the dog in North America" in economic activity, although it is good for both countries.

TORSTAR NEWS SERVICE

Astronomers report out-of-this-world finding

Earth-like worlds may be closer and more plentiful than anyone imagined.

Astronomers reported Wednesday that the nearest Earth-like planet may be just 13 light years away — or some 124 trillion kilometres. That planet hasn't been found yet, but should be there based on the team's study of red dwarf stars.

Galactically speaking, that's right next door.

If our Milky Way galaxy were shrunk to the size of the United States, the dis-

tance between Earth and its closest Earth-like neighbour would be the span of New York's Central Park, said Harvard University graduate student Courtney Dressing, the study's lead author.

"The nearest Earth-like planet is simply a stroll across the park away," she said at a news conference in Cambridge, Mass.

Small, cool red dwarfs are the most common stars in our galaxy, numbering at least 75 billion.

The Harvard-Smithsonian

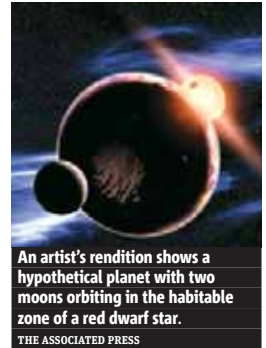
Center for Astrophysics team estimates six per cent of red dwarf stars have Earth-like planets.

To qualify, the planet must be roughly the size of Earth and get as much light from its star, as Earth does from the sun.

This high rate of occurrence should simplify the search for extraterrestrial life.

These newest findings are based on data from NASA's Kepler space telescope, launched in 2009.

THE ASSOCIATED PRESS



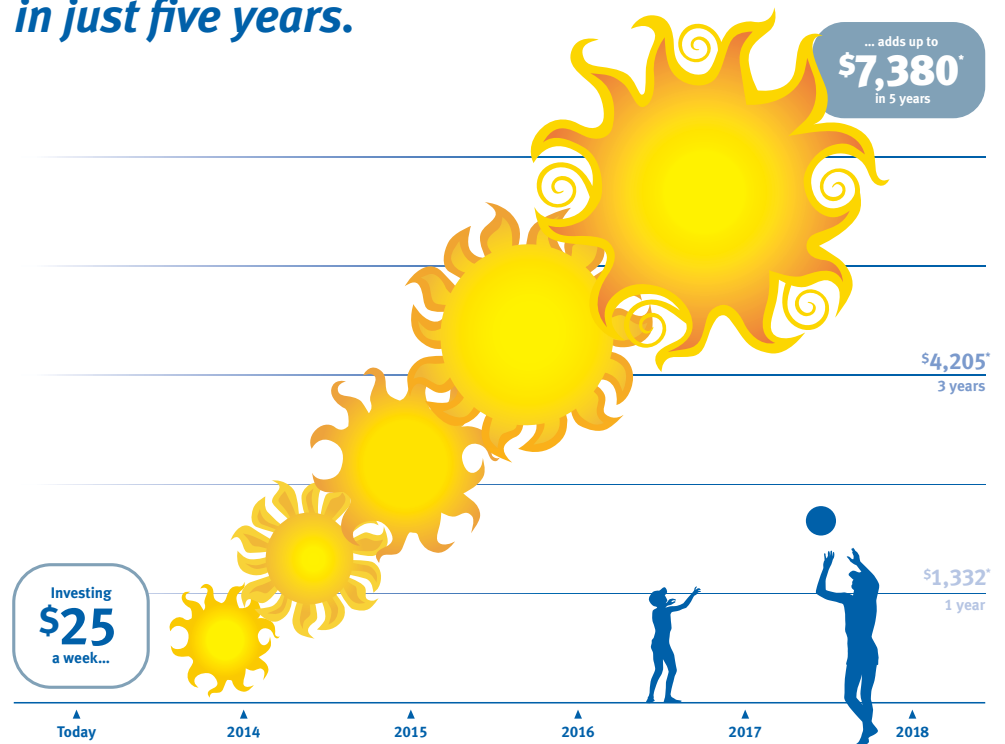
An artist's rendition shows a hypothetical planet with two moons orbiting in the habitable zone of a red dwarf star.

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Exhausting all the options



Jacob Poirier, 20, of London, fills out some financial-aid forms. The Western University undergraduate student, who is two years into a biochemistry degree, received a loan of about \$7,000 this year from the Ontario Student Assistance Program. JOHN MATISZ/METRO

Last in a three-part series. Financial aid and opting out of unnecessary fees are just two ways to save money at university



JOHN MATISZ
Metro in London

The "broke student" stereotype exists for a reason: Many students are indeed strapped for cash.

The trick for a student is to lessen the financial burden of going to university — which costs at least \$20,000 in tuition alone for a four-year degree in Ontario — as much as possible.

Rylan Kinnon, executive director of the Ontario Undergraduate Student Alliance, says there are certain things one can do right off the bat.

The first thing to do is to opt out of automatic fees that provide no benefit. "The one major piece that we would remind



students about, in terms of opting out, is the health and dental fees," Kinnon said.

Although every university handles ancillary fees differently, most of them charge students for on-campus health and dental services. Students who are already covered by a health plan have no need for university-sponsored care.

Another way to save money is to research all the financial-

Financial aid, opting out of fees

- **Help may be out there.** Ontario university students can apply for government loans, bursaries or grants and scholarships.
- **Do you qualify?** A province-wide list of financial-aid streams is posted at osap.gov.on.ca.
- **Opting out.** Another way

to save money is to opt out of some ancillary fees levied by student unions. At Western University, for example, students can choose not to enrol in the health and dental plans, a move that would save about \$230 for the school year. Talk to your student union for more information.

Exclusively online

Congratulations to @Chopper-ton, who won a prize pack for this tweet about how students can save money: "Don't get hair cuts, don't shave (save on razors/shaving cream), 10% student tuesdays at grocery stores." For more responses, visit metronews.ca/studenttips.



Getting fed

No longer feeding the debt monster

A university campus, much like the city of which it's a part, is a community — complete with government, campus police, recreation, social services and, in recent years, food banks.

The food bank at Western University in London, for example, runs on a hamper system designed to protect student privacy. Each month, food hampers are assembled by volunteers with the University Students' Council.

"We were seeing that, in some cases, individuals were requesting another hamper within a few days, when they are designed to last two weeks," said Myuri Komaragiri, the council's vice-president of campus issues.

"So we formalized the request form to see if they had dependents who they were providing for."

At Western, students in need of a hamper email their request to the food bank, at which time they can make special dietary requests. Students receive a return email within 48 hours advising them of the locker number and combination where they can pick up their hamper.

Area food banks such as the London Food Bank also serve students.

"Absolutely, students from Western and Fanshawe are able to access the food bank. Anyone can," says Maryann McDowell, operations co-ordinator at the London Food Bank. "It is for anybody within our community who needs assistance."

Closer to home, Carleton University and the University of Ottawa both operate student food banks. The Food Centre at Carleton and the U of O's SFUO Food Bank are run by the student unions. Contact the one at your school for rules and information.

MARK SPOWART/FOR METRO IN LONDON

Exclusively online

Across the province there is a range of tuition and other fees at Ontario universities. Why do they differ? Find out at metronews.ca.



The don show: One way to pay for residence

Summer jobs, part-time employment, student loans, scholarships, mom and dad: Students going to university will tap into one, a few or all of these capital sources to get them through the academic year.

However, not all of these options may be available to every student.

Drew Nutbrown, a third-year history and philosophy student at Huron University College, part of Western University in London, admits he is "pretty lucky" he had enough in the bank to get through his first year, but didn't know what he would do after that. Government student loans were not an option, and he did not want to go to his parents and disrupt their plans for retirement.

So he applied to be a residence don.

"Our pay covers our residence fees, plus a little extra, about \$300, for the rest of the year," said Nutbrown, who was a don in his second and third years and hopes to be



Drew Nutbrown, a student at Huron University College in London, works as a residence don to help pay for his education. MARK SPOWART/FOR METRO IN LONDON

one again in his fourth year at Huron.

In addition to having their residence fees covered, dons at Huron receive other perks.

"We usually go out for free meals once or twice a month or get to attend events like Founders Day, where there is an open bar and free food,"

Nutbrown said.

He also says meal plans can be a way to save some money, provided they're carefully rationed.

"I find the meal plans to be kind of expensive, and a lot of people are running out because they don't realize how much they are spending each

Gimme shelter

The don program at Ontario universities can mean a substantial reduction in yearly expenses. Here's a look at some Ontario schools:

- **Western University:**
 - Main campus: 140 dons in eight residences (salaries vary).
 - King's University College: 17 residence assistants, two head residence assistants (\$7,000 for the academic year).
 - Huron University College: 12 dons, two don supervisors (\$6,300 for a don, \$8,800 for don supervisors).
- **Brescia University College:** Five residence assistants (\$6,200 per year).
- **University of Toronto:** 140 dons (free single room and meal plan).
- **Ryerson:** 22 residential advisers, 13 to 15 academic links (responsible for a group of students in a faculty as opposed to a residence floor) \$5,000 plus room subsidy.
- **Carleton:** 61 residence dons (single-room occupancy and meals).
- **University of Ottawa:** 55 community advisers (receive room free of charge and are paid \$1,600 for the year).

time they swipe their card," he said.

"I estimate how many days during the year I am here for school, and then divide the

meal plan by those number of days so I know how much I can spend each day and try to budget myself for that."

MARK SPOWART/FOR METRO IN LONDON

Tribute doughnut. Take a bite out of 'The Priestley'

A sitcom gag about the ubiquitous presence of Tim Hortons has inspired the company to create an outlandish new pastry — a Timbit stuffed into a jam-filled doughnut.

A company spokeswoman says the one-time-only experiment — a photo of which appeared on its Twitter feed Tuesday — was inspired by a recent episode of *How I Met Your Mother*.

The Canadian-themed episode featured a cameo by home-grown star Jason Priestley, who boasted of a self-created confection he dubbed "The Priestley."

Tim Hortons spokeswoman Alexandra Cygal says a staff member who happens to be a fan of the show as well as a "certified culinary scientist" created the doughnut as a fun exercise.

"The day after the show aired he just came into work and decided to create The Priestley in his lab, so we had a lot of fun with it," Cygal said Wednesday, adding that there are no plans to mass-produce the treat. "It's generated a lot of positive buzz and great exposure for our brand both in Canada and the U.S."

Monday's episode of *How I Met Your Mother* featured a cavalcade of Canadian stars in-



This photo from @TimHortons Twitter feed shows a doughnut called "The Priestley," which the company made after it was mentioned on an episode of *How I Met Your Mother*. TWITTER

cluding Luc Robitaille, Steven Page, k.d. lang, Geddy Lee, Alex Trebek, Alan Thicke and Paul Shaffer.

They pop up when recurring character Barney Stinson, played by Neil Patrick Harris, travels to Canada to learn more about his Canadian girlfriend Robin Scherbatsky, played by real-life Canuck actress Cobie Smulders.

He discovers a country obsessed with Tim Hortons doughnuts, as revealed by a faux documentary in which Priestley claims to have invented "The Priestley."

THE CANADIAN PRESS



Stock flotation: Dead herring cost a cool \$9.8M

Herring worth millions in exports are seen floating dead Tuesday in Kolgráfjörður, a small fjord in west Iceland, for the second time in two months. About 25,000 to 30,000 tonnes of fish died in December and more are dead now, due to lack of oxygen in the water thought to have been caused by a landfill and bridge constructed across the fjord in December 2004. The current export value of the estimated 10,000 tonnes of herring amounts to about \$9.8 million US, according to Morgunblaðid newspaper. BRYNJAR GAUTI/THE ASSOCIATED PRESS

Tokenism. Monopoly fans vote to add cat, toss iron

Scottie dog has a new nemesis in Monopoly after fans from more than 120 countries voted to add a cat token to the property-trading board game, replacing the iron, toy maker Hasbro Inc. announced Wednesday. It was the first time that fans have had a say on which of the eight tokens to add and which one to toss.

The results were announced after passionate efforts by fans to save their favourite tokens and businesses eager to capitalize on publicity surrounding pieces that represent their products. The shoe and the wheelbarrow had joined the iron as endangered tokens.

The online contest to change the tokens was sparked by chatter on Facebook, where Monopoly has more than 10 million fans. The vote on Facebook closed just before midnight on Tuesday.

The initiative was intended to ensure that a game created nearly eight decades ago remains relevant and engaging to fans today. The tokens have

changed quite a lot since Parker Brothers bought the game from its original designer in 1935.

Other pieces that contested for a spot included a robot, diamond ring, helicopter and guitar.

THE CANADIAN PRESS



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Launch day

BlackBerry breaks own sales records

BlackBerry president and CEO Thorsten Heins says first-day sales of the new Z10 were 50 per cent better than on any other Canadian launch day in the firm's history. But just how many Z10s have been sold is still a secret. THE CANADIAN PRESS

Spring fling

Home Depot to hire 6,700

Home Depot Canada says it's hiring 6,700 people ahead of its busy spring season. The chain says it is looking to fill full-, part-time and seasonal positions in sales, design and various other job categories.

THE CANADIAN PRESS

Musical milestone

iTunes sells 25 billion songs

The answer to the trivia question will be: Monkey Drums (Goskel Vancin Remix) by Chase Buch. That's the 25-billionth song sold on iTunes. The customer who bought it will get an iTunes gift card worth about \$13,500. THE CANADIAN PRESS

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BORDER-CROSSING MADE EASY AS PIE (NOTE: PIES WILL BE CONFISCATED)



HE
SAYS...
John Mazerolle
metronews.ca

Hello, fellow Canucks, and welcome to this special guide on how to get through U.S. customs, no fuss, no muss!

(The U.S. government advises that if you do have

muss, you must say how long you have had it, where you obtained it and whether you plan to use it for business or pleasure.)

Shhh!

Remember that airports and border crossings are highly inappropriate places to talk about terrorism. Instead, say "extremism."

Sure, sometimes small hiccups can happen at the border. For instance, there was the recent case of a Canadian man who was not allowed to attend the Super Bowl because of a 1981 marijuana conviction.

(The U.S. government warns that marijuana has been proven to alter the brain, which under U.S. law is only appropriate when it involves heavy drinkers

watching large men give each other concussions.)

And, yes, most of us have a friend or relative who's had trouble at the border. An ex of mine was recently denied entry because something alarmed U.S. customs officials. Keep in mind that she is a white, rail-thin woman with blond hair, a big smile and Cameron Diaz's looks, but not as threatening. Also, her passport is full of Middle Eastern stamps because she lived there for two years.

I'm here to assure you that these instances are the exception, not the norm. By following these simple tips at border crossings and airports, you can change entering and leaving the U.S. from a long and terrifying ordeal to a long and tedious annoyance.

U.S., eh? Tips for crossing the U.S.-Canada border: While you wait:

- If you must walk through a metal detector, remember to remove shoes, jackets, scarves, belts, bracelets, underthings, fillings, false hips, glass eyes, any bodily fluids hidden in your body, your allegiance to your country and that stupid smirk on your face.
- Remember that airports and border crossings are highly inappropriate places to talk about terrorism. Instead, say "extremism."

Talking with the customs officers:

- Remember that being a customs official is a stressful, repetitive occupation, so you should relieve the tension with a few well-timed zingers. They LOVE it! Joking with the official about how he or she is a glorified mall cop will liven up an otherwise dreary day.
- Also, show the official you are friendly and confident by finishing every sentence with "Bucko!"

What to declare:

- No endangered species are allowed, especially as articles of clothing. (For example, on the not-acceptable list: Elephant-tooth necklace with lion-skin shawl; acceptable: Housecoat made of house cats.)
- The U.S. considers Cuba an evil empire. If you have a Cuban cigar, be sure to label it as a finely rolled Saudi Arabian.

Drugs:

- If you have a marijuana conviction, you are required by law to declare it, unless you got it at a duty-free shop.
- There are only two ways to regain permission to enter the U.S. after a drug conviction: 1) obtain a pardon, or 2) score an interview with Oprah.

Those are the tips. We hope you found them helpful. By following these simple rules, your U.S. trip will be easy as pie.

(Please be advised that U.S. regulations stipulate that all pies will be confiscated. Also, if you have any ice cream and a fork, that'd be great.)

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It's fantastic:
Barbie lists abode

After 41 years, Mattel's leading lady is moving out. Toy maker Mattel announced Wednesday Barbie is looking for a new home and selling her Malibu, Calif., Dreamhouse.

In her search for a new pink abode, the septuagenarian doll will make a number of worldwide appearances, including World Mastercard Fashion Week in Toronto in March to meet with some Canuck designers. **METRO**

'Ken' I come, too?

Do you want to know what it's like in Barbie world?

Wondering what the house — which started its fictional life as a studio apartment in 1962 and has undergone 10 renovations — is like?

Mattel is letting fans immerse themselves into Barbie's world with a real-life experience, giving girls the chance to see the Dreamhouse in person.

Or, they can get a glimpse of Barbie in her reality web series that's airing on Barbie.com.

The site even allows girls to customize their own Dreamhouse. **METRO**

Icon looks to move after decades in Dreamhouse

"It wasn't an easy decision for Barbie to put her Dreamhouse on the market, but this move marks an unprecedented opportunity for her fans to get an inside look at her dreamy home."

Lori Pantel,
vice-president of global marketing for Barbie

Open house

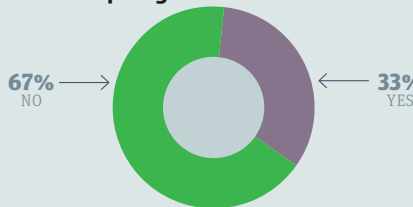
Three walls equal great ocean view

The 8,500-square-foot (measured in her heels), three-storey bachelorette compound features a spacious bedroom, three chandeliers, one elevator — in pink and with a state-of-the-art pulley system — and the best ocean view in Malibu (after all, it only has three walls). **METRO**



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and take the quick poll

Should sperm donors be able to apply to see their offspring?



Twitter

@MarikaCalberry:

I love hump day drinks dt Ottawa!! #needthem

@dredrexo:

When Americans don't know the Ottawa slang..

@maggiestitches:

In this weather, warmth > fashion. #winter #Ottawa #brr

@courtneyross7:

I really need to learn that my thin little sports jacket doesn't cut it forottawa winter weather #brr

@samraemurray:

hate how all the free admissions to all the museums in ottawa are during my human rights lecture... go to class or go to the art museum #hmm

@MattKeek:

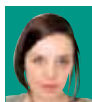
I don't think I've ever bought a beaver tail... #fail #ottawa #canada#winterlude #todolist



Glen Gower, left, director of game entertainment for the Ottawa Senators, alongside PA announcer Stu Schwartz. HANDOUT

Bringing fans back to the game

Senators. Director of game entertainment is working overtime to ensure hockey fans have a good time between plays



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

If you've ever been to an Ottawa Senators game, you know there's as much entertainment off the ice as there is on. From dancing, musical performances and trivia to Sensquatches and hot dogs

being shot out of a cannon, there's always something going on in the stands during a game.

The man responsible for that is Glen Gower, director of game entertainment for the Ottawa Senators. He oversees it all — music, pre-produced videos, the national anthem, mascots, contests and promotions.

It's a tall order, especially this season, with rumours swirling about fan boycotts over the lockout. With that in mind, Gower says he and his team are working overtime to make sure the people in the stands get the most bang for their buck.

"Any game, any season, we want to make sure that our fans have a good time when

they come here, but it was extra important this time to make sure that we were going to every length and using every tool to make sure that we were welcoming our fans back the right way."

Shortened season or not, ensuring there's a wide variety of entertainment between plays and periods is one of Gower's biggest challenges.

"We're always trying to find a fresh way to present all of the different promotions," he says.

Of course, some of the most entertaining in-house promotions at Sens games involve fans playing for prizes or making an appearance on the big screen.

If you've always wondered how to go about capturing

Superfans

"We're looking for the best and loudest Sens fans in the rink and that's probably the best way to either get into a contest (at) intermission or get yourself up on the Fan Cam on the Bell HD screen."

Glen Gower, director of game entertainment for the Ottawa Senators

your 15 minutes of fame at Scotiabank Place, Gower offers up some advice for getting spotted by the promotions team or Sens Squad, no matter what level your seats are in.

Info

- Use the hashtag #BellHD-Screen on Twitter anytime you're at a Sens game to see your message on the video scoreboard.
- The Ottawa Senators are in action Thursday at 7:30 p.m. against the Carolina Hurricanes. For tickets, visit capitaltickets.ca

"When they're looking for participants and contestants, they're looking for people who are decked out head to toe in Sens gear. They're looking for people who are cheering loud and proud for the Sens," he says.



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The positive effect of playing a psychiatrist

Interview. Catherine Zeta-Jones speaks about what brought her back to the big screen and her connection to family

NED
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Metro World News

Side Effects brings actress Catherine Zeta-Jones and director Steven Soderbergh together for the third time, following Traffic and Ocean's 12, and Zeta-Jones says Soderbergh knows the secret to keeping actors coming back.

"He rubbed my feet when I was pregnant in Traffic. That's the only reason why I keep coming back," she says with a laugh.

"He looked after a preg-

nant woman so well, I just knew I'd always be in good hands."

Of course, it takes more than foot rubs to get Zeta-Jones interested in a project. Over the past few years, she has focused on her home life following husband Michael Douglas' battle with cancer.

"I love my job, but it takes me a lot to leave my kids, leave my husband and leave my dogs," she says.

"I find it really hard to leave my children. I think that I'll never get these beautiful, formative, delicious years back, and it takes me great thought and what is it that I want to leave my kids and my husband for? And this obviously was a must for me. I'd pretty much do the phone book with Steven if he asked me, just read it in three different languages — French, Welsh and English."

There was one other element of Side Effects that had a can't-miss appeal for Zeta-Jones, and that was the chance to tackle playing an accomplished psychiatrist.

"I'm actually thrilled that Steven cast me as a doctor because I never went to college, and I always wanted an M.D. after my name," she says. "I'm really quite flattered that he fulfilled my mother's dream."

There are other gigs beckoning Zeta-Jones away from home, too.

She just wrapped film-

ing on Red 2, the sequel to the 2011 action hit starring Bruce Willis and Helen Mirren, and she'll be on stage later this month at the Oscars for the awards show's tribute to musicals from the past decade, including Chicago, for which Zeta-Jones won an Oscar.

"I'm absolutely terrified. I don't quite know the exact capacity in which I will be (involved)," she says.

"I'll be there, put it that way. I don't quite know what I'll be doing. That will be fun."

Her husband is kissing Matt Damon

Catherine Zeta-Jones' husband, Michael Douglas, is also re-teaming with director Steven Soderbergh, taking on the role of Liberace in the HBO movie Behind the Candelabra. The role calls for Douglas to lock lips on-screen with co-star Matt Damon, something Zeta-Jones says she's OK with.

- **Quote.** "I've seen Behind the Candelabra and if my husband's going to kiss

anybody else in the world, I'm so happy it's Matt Damon," she says. "Supposedly when Matt Damon was kissing Michael, he closed his eyes and pretended he was kissing me. He said that to Michael. Matt was closing his eyes and kissing Michael and pretending he was kissing me, and I just thought that was one of the biggest compliments I've ever had."



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Catherine Zeta-Jones returns to the big screen to work with Steven Soderbergh. HANDOUT

Beckham still weirded out being on billboards

Ad campaign. Becks talks about working with Guy Ritchie, his fitness routine and supporting his wife

David Beckham has a knack for keeping his name in the news, and his face — and well-sculpted body — in front of the cameras. The newest ad campaign for his body-wear collection for global re-

tailer H&M is being released on the heels of the announcement that he's joining the French Paris-Saint Germain soccer club.

The ad campaign, directed by Guy Ritchie, is more like a film short. Beckham stars as an action hero, saving the day in Los Angeles in his boxer briefs and bedroom slippers.

The 37-year-old Beckham said he's committed to this for the long haul, but is still a little startled looking up at a billboard and seeing a giant version of himself.

"No matter how many campaigns I do with H&M, I will never get used to seeing myself on billboards," he said. "It's always a surprise to me when I see them. I'm lucky to work with such great photographers and stylists, so the images are always the best they can be."

Beckham responded to questions via email.

Working with Ritchie seems like a little bit of a leap into

acting. Is that where you are heading?

It's been great working with Guy. He's one of my favourite directors, and also a friend, so it was amazing to work with him on my new body-wear commercial for H&M. It was good fun playing an action hero for the day, getting to do all the stunts and ending up in unexpected situations, but acting full time is not something I see myself doing in the near future.

Is there a movie you wish you could have starred in?

I love Guy's film *Lock, Stock and Two Smoking Barrels*. It came out in 1998, which was such an exciting time to be British. I remember the attitude and energy of the film as if it were yesterday, and it went on to define so much about how British men saw themselves for years to come. But I wouldn't want to actually appear in the

movie — I have too much fun watching it.

What's the biggest challenge in sticking to your fitness routine?

Keeping fit is really important as playing football is all I've ever wanted to do. I'm training a lot at the moment so fitness is an integral part of my day. I think I'd find it more of a challenge if I wasn't able to keep in shape.

THE ASSOCIATED PRESS



Soccer star David Beckham on the set of his newest ad campaign for his bodywear collection in Los Angeles. HANDOUT

Disney

Brace yourself Star Wars geeks

Disney is mining *The Force* for even more new films.

Walt Disney Co. CEO Bob Iger said Tuesday that screenwriters Larry Kasdan and Simon Kinberg are working on stand-alone *Star Wars* movies that aren't part of the new trilogy that's in the works.

"There has been speculation about some stand-alone films that have been in development, and I can confirm to you today that in fact we are working on a few stand-alone films," Iger told CNBC.

THE ASSOCIATED PRESS



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Lady Gaga. ALL GETTY IMAGES

Lady Gaga's weird and wonderful dressing room requirements leaked

Lady Gaga's list of dressing room requirements has leaked, and while there are more demanding celebrity singers out there — Mariah Carey comes to mind — she wouldn't be Gaga without a few eyebrow-raising items.

Gaga's requests include lavender towels and hand soap as well as yellow, lavender and white roses and, according to correspondence obtained by Celebuzz, "a mannequin with puffy pink pubic hair."



Russell Brand

Despite Stern prodding, Brand refuses to thrash ex-wife Katy Perry

During a recent visit to Howard Stern's radio show, Russell Brand got the chance to criticize ex-wife Katy Perry for dating John Mayer, but he didn't take it. "Doesn't she know that he's a worse womanizer than you?" Stern asked, to which Brand joked, "Worse or better, depending on how you view it." But Stern's prodding didn't producer any naysaying. "So help

me God, Howard Stern, I will not compromise my ex-wife's vagina for the sake of ratings," Brand declared. "That woman was perfect from top to bottom." As for Brand's own love life: "I'm not dating anybody. Actually, I'd like a romance," he says. "Not so much playing the field, just going through life, doing yoga, concentrating on this TV show and trying to find a nice wife."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



'Unflattering' pictures put Beyoncé's vanity on show



THE WORD
Dorothy Robinson
scene@metronews.ca

On Monday BuzzFeed published a story entitled "The 33 Fiercest Moments From Beyoncé's Halftime Show" which, as the title entails, includes photos of Bey looking like the warrior princess she is. The problem? Apparently, Beyoncé and her team found some of the pictures unflattering and emailed the site to have them taken down as, god forbid, Beyoncé ever look unattractive. The email

from her publicist read, "Thanks for taking my call. As discussed, there are some unflattering photos on your current feed that we are respectfully asking you to change. I am certain that you will be able to find some better photos."

The Word is reprinting one of the photos here. As you can see, it isn't the best but how in the world could a few bad shots of Beyoncé ruin her stature as an icon? They are merely drops in the ocean of Beyoncé imagery that saturate our day-to-day lives. Faces make faces, especially when you're performing as hard as she did on Sunday night. If anything, it's nice to know that she's actually a human and not some leather clad robot created by the Knowles family to make all women feel terrible about themselves.



Chris Brown

Brown may have to redo community services due to 'discrepancies'

Chris Brown may have to start his community service all over again now that a Los Angeles District Attorney is alleging the singer failed to provide "credible, competent or verifiable evidence" that he fulfilled his obligation, according to the Los Angeles Times. Brown was given 180 days of community service as part of his sentence for assaulting Rihanna in 2009, and he was granted permission to complete it in his home state of Virginia. But now D.A. Mary Murray

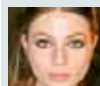
claims there are "significant discrepancies" in the reports about his service, which she says are "at best sloppy documentation and at worst fraudulent reporting." Brown's lawyer, Mark Geragos, is promising to fight back, though. "Apparently the district attorney's office has completely lost their minds," he tells the newspaper. "They are making scurrilous, libelous and defamatory statements and apparently have lost their ability to read their own reports."

Twitter



@carrieunderwood

A note to fellow air travelers: if you must talk SO loud, PLEASE keep the cursing to a minimum. We can't get away from you.



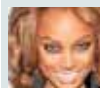
@RealMichelleT

Rules of Law & Order: if someone says, "There was this one guy....". It's ALWAYS that guy.



@edward_burns

Feeling better. Flu subsiding. Getting back into bed with Scorsese. Taxi Driver this afternoon. Departed up next.



@tyrabanks

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From admiring to hiring: Jason woos famous faces

Wu done it.

The one-man style super force speaks of Stephanie Seymour, styling Michelle and his signature Wuism

KENYA
HUNT

life@metronews.ca

Last month there was a rumour circulating on Twitter that your first words in English were Stephanie Seymour, who now stars in your ad campaign. Is that true?

Not quite, but it might as well be. When I first moved to Canada from Taipei, my mom bought me a sewing machine. I didn't speak a lick of English. I grew up speaking Mandarin. So I learned the language by reading my mom's fashion magazines. I was never the best student in school. I learned by applying what I loved. One day I was talking to my aunt, who also had a lot of fashion magazines, and I pointed out Stephanie Seymour. She was like, 'How do you know who Stephanie is?' I've worked with so many people I grew up admiring. Fashion seems to be this impenetrable, daunting industry. But for me to be able to get to where I am today speaks to how many opportunities there are for young people in New York.

Even with the lingering recession?

It's funny because I started during an economic downturn.



Acclaimed designer Jason Wu moved at age nine from Taipei, Taiwan, to Vancouver. CONTRIBUTED

I've never really experienced a good economy in that regard. It's always been a little difficult. I started my business when people were running for the hills and not buying anything.

You've dressed Michelle Obama for two inaugurations. How did the second one differ from the first?

It wasn't something that I quite expected to happen. I can't say that I know so much about politics. And when

I was approached the first time, I wasn't as familiar with Mrs. Obama. I felt like I was part of a moment. But with this second time, it felt more subtle. I felt like it was important for me to keep pretty private about it. I never wanted to sort of exploit the fact that the first lady has been so great to wear me on such an important occasion.

In some parts of the world, you, who left Taiwan as an

Second time's a charm

What were you doing in the exact moment when you first saw Michelle Obama in her second inauguration gown?

For the last inauguration, I was at home. But this time my staff and I were working because I have my show coming up. We were live streaming it on my computers and no one wanted to talk about it so as not to jinx it. But when we saw her, we just all let out this scream. When I first did this four years ago, I had four employees. But this year, I had 30 to celebrate with.



don't think that ever happens. But my career has changed my mind about that.

You're collaborating with Lancôme on a beauty line. And you once created a nail polish collection for CND.

Beauty is a compliment to the clothes. In my teens I bought the Kevyn Aucoin books and used to just stare at them. They were so inspiring for me.

I've never been the person to do minimal hair and make-up. Beauty has always been a part of the design process for me. Even in my working with Hollywood actresses, I'll work with the hair and makeup. I've worked with Diane Kruger, Michelle Williams, Jessica Paré. When it's done correctly, it can create some magical moments.

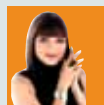
Are there any that stand out in your mind?

Diane Kruger at the SAG Awards two years ago. We collaborated together. She wore red lips and was very high glam and high contrast. The combination of the hair and makeup and dress suited the event beautifully.

What can you tell us about your upcoming autumn/winter collection?

I've been working on being more confident in what I do and to create real signatures. So there's going to be a lot of signature Wuism that people have come to know me for, taken to another level. That's the whole part of brand building, to drive the point home every time you do anything. Naturally, I feel like I've grown up some.

Twitter



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SPACE
Jeanne Beker
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@Jeanne_Beker: Very excited! I'm getting a special achievement award from the Canadian Academy of Film +TV on Feb. 27th

@MorleyNirenberg: Mazeltov Jeanne! So very well deserved. #tvicon

@Zaib_Shaikh: Big time Congrats Jeanne to a big time pioneer & ambassador.

@TOBeautyReviews: congratulations!!!! Well deserved!

@styleblogca: xoxo! Congrats, Jeanne!!! You are an inspiration.

@LisaTant: Congrats on the Canadian Academy honour @Jeanne_Beker So well-earned!



@Jeanne_Beker: Watching Symbiose by Hinda A at Semaine Mode Montreal...

The Kit

Canadian street style

Spotted in: Vancouver

Sasha,
Fashion lover
Age: 22

What she's wearing
Obakki coat, Maison Olga Milan sweater, Wings + Horns scarf, Rag and Bone jeans, Dries Van Noten shoes.

Her inspiration
"The weather inspires me to dress cozy and warm and I always try to find a way to do this stylishly."



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Switch things up this Valentine's Day by trying something different. Below are a number of fun date options for you and your honey. ISTOCKPHOTO/THINKSTOCK

VALENTINE'S DAY! gift guide

Dates are a many-splendoured thing

ASTRID VAN DEN BROEK
For Metro

So maybe you didn't score a reservation at the restaurant of your dreams. Or perhaps you are looking to do something different or something new. If you want to switch things up this Valentine's Day, here are 10 fun date options for you and your honey.

1 Karaoke. "You can do this whether you just started dating or if you've been together for a long time," says Kim Hughes, singles and dating expert for the Toronto-based online dating site Lavalife.com.

2 Take in a pub. "Visit an old timer's bar — every neighbourhood has one — and have a pint and play darts," Hughes said. "It takes the pressure off of the date and you're not going to have

Cost-efficient dates

No money? On a bit of a budget? Here are a few cost-efficient options for date night.

- Go for a skate (or toboggan ride). Assuming you have your own gear, including sharpened skates or toboggan, head out for some free winter fun.
- Make dinner at home. "There's no need to make

anything elaborate and it's much more fun when both of you are participating," says Sheree Morgan, a Vancouver-based matchmaker and dating coach.

- Explore together. "Go enjoy a new part of your city or town that you're not as familiar with," suggests Kateryna Spiwak, a Toronto-based dating and relationship coach. "And

if it's in your budget, have dinner in that area, too."

- Take a hike. "People often hike on the weekends together, so if you have the day off go for a hike through a nature preserve or valley area," Spiwak said.
- Make it movie night. PVR a movie ahead of time and uncork a bottle of wine for a movie night at home.

to hand over your wallet at the door to go in."

3 Go bowling. Better yet, if you are a new couple and aren't sure where the relationship is going, grab another couple or two to go along with you and team up, Hughes suggested.

4 Revisit. "If you did something on the very first date you went on, do it again and go down memory lane," says Sheree Morgan, a Vancouver-based matchmaker and dating coach.

5 Move together. "Take a dance lesson together

or go to a salsa or meringue dance club," says Kateryna Spiwak, a Toronto-based dating and relationship coach. "Or you could go bowling together or play Ping-Pong for fun."

6 Make it a threesome. No, not like that. "Have

dinner at home and bring in a massage therapist to come by to give you massages," Spiwak said.

7 Make the most of winter. If the lucky two of you have the afternoon or day off, hit the slopes for some skiing and après-skiing cocktails, dinner and snuggling. Don't ski? Try tobogganing or snowshoeing.

8 Think themed. If you are in a big city, visit your local museum to take in an Asian exhibit and follow that up with a Thai, Chinese or Japanese dinner.

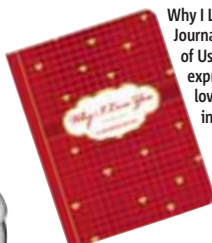
9 Bring dinner home. Rather than heading out to a packed restaurant with its equally jammed reservation schedule, hire a chef to cook dinner in your home. "Or hire someone to come in and play music for you while you're having dinner at home," Spiwak said.

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Why I Love You Journal: A Journal of Us helps you express your love, \$10.99, indigo.ca.



Clinique Happy Heart is a well-loved fragrance and some proceeds go to the Happy Hearts Fund for rebuilding schools, \$42, clinique.com.



Body Shop Chocomania Deluxe Edition collection includes a range of products, thebodyshop.ca.



Enjoy a heart-shaped pizza at Boston Pizza exclusively on Feb. 14. \$1 from each sale goes to charities, bostonpizza.com.



Make your own photo book at Blurb to help you commemorate the love you share, blurb.ca.

Fragments ring in sterling silver with Chalcedony and crystals. erintracydesigns.com.



7
shopping
days left

Naughty gifts are nice



Satin and lace underwire cami and boxers, \$49.95, lavieenrose.com.

From Dusk 'Til Dawn Massage Bar gives you an energizing boost, \$7.95, lush.com.



Creative Games for Lovers features 52 games of adventure, \$30, indigo.ca.



The Cosmo Kama Sutra: 99 Mind-Blowing Sex Positions, \$23.95, indigo.ca.



Spicy Subscriptions is an online monthly subscription service for romance, intimacy and beauty products, spicysubscriptions.com.

Treasure Trove Strawberry Dreams celebrates the delights of this luscious flavour, \$40, indigo.ca.



The Show Off Bustier with removable push up, \$39.50, lasenza.com.



Beyond Cleavage bra, left, with eyelash trim, \$49.50, I Heart Cotton push up bra with picot trim in sailor stripes, \$22.50, lasenza.com.



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Anti-Valentine's gifts

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It Was Over When by Robert K. Elder, \$14.99, Indigo.ca, left, Six-Word Memoirs on Love and Heartbreak by Larry Smith, \$12, Indigo.ca, He's Just Not That Into You by Greg Behrendt and Liz Truccillo, \$17, Indigo.ca.

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Gifts that pamper

A sweetheart top-to-toe beauty guide for him and her

Glossy, healthy looking hair begs to be touched. For her: **Shu Uemura Essence Absolue Oil-in-Cream** leave-in for dry, frizzy or curly hair, \$68, via shuueamuraartofhair.com for salons. For him: **Red-**

ken Clean Spice 2-in-1 Conditioning Shampoo to cleanse and strengthen, \$13.75, via redken.ca for salons.

Great travel skin care kits are genius add-ons to plans for a romantic getaway. For

her: **NARSskin Luminous Moisture Set** (includes full-size serum and eye cream) \$159, at Holt Renfrew, The Bay, and narscosmetics.ca. For him: **Anthony Logistics for Men Grab & Go Kit**, \$45, via ebeauty.ca.

Think of fancy lip balm as a special investment in your kissing future. For her: Luxurious

Diptyque Soothing Lip Balm, \$42, at Holt Renfrew. For him: **La Mer The Lip Balm** (it's shine-free), \$58, at Holt Renfrew.

Let's just say soft hands equals soft heart. For her: The swoon-worthy **Crabtree & Evelyn Hand Therapy Paint Box Tin**, \$60, at Crabtree & Evelyn stores. For him: All-natural, super-moisturizing, unscented and non-greasy **Consonant Body Intensive Therapy Organic Hand Cream**, \$20, at consonant-body.com.

Tempting bath and body treats are a must. For her: A vanilla-licious **Philosophy X's and O's** gift set, \$32, at Shoppers Drug Mart, Sephora and select Bay stores. For him: A fresh-off-the-yacht **Fruits & Passion F/P Homme Numero 003** gift set, \$48.50, at Fruits & Passion.

Supple, silky skin is the gift that keeps on giving. For her: Dreamy **Caudalie Divine Oil** (for hair, too), \$49, at Sephora. For him: Muscle-



warming **Weleda Arnica Massage Oil**, \$25.50, via weleda.ca.

The how-to of smooth, comfy feet is unsexy, but the results are worth it for playing footsie. All dry heels need an easy-use **Emjoi MicroPedi**, \$49.99, via micropedi.ca. For her: Comforting **L'Occitane Dry Skin Foot Cream**, \$30, at L'Occitane. For him: Pre-activity **Kiehl's Cross-Terrain Dry Run Foot Cream**, \$24, via kiehls.ca.



Clockwise, from far left, Philosophy X's and O's gift set, Crabtree & Evelyn Hand Therapy Paint Box Tin, Shu Uemura Essence Absolue Oil-in-Cream, L'Occitane Dry Skin Foot Cream, Consonant Body Intensive Therapy Organic Hand Cream, Caudalie Divine Oil, Fruits & Passion F/P Homme Numero 003 gift set, Emjoi MicroPedi, Redken Clean Spice 2-in-1 Conditioning Shampoo, and Weleda Arnica Massage Oil.

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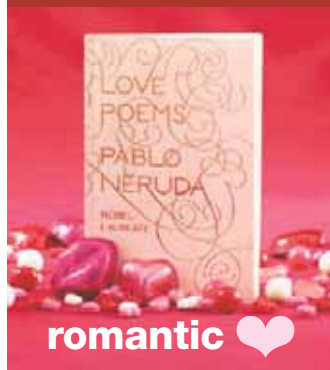
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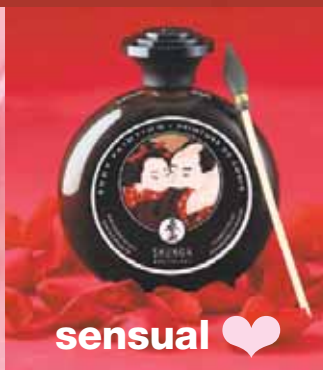
*In-Store Only: Ends February 14, 2013. Purchase must include at least one eligible item plus a greeting card. Offer does not apply towards the purchase of giftcards, electronics and related accessories, tablets, Rosetta Stone interactive learning software, Indigo Love of Reading foundation fundraising products or donations and memberships. Greeting card selection may vary between stores. Additional restrictions apply. Visit your local store for full details.



romantic ♥



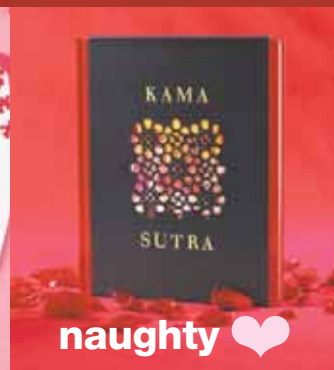
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with ♥



naughty ♥

Bring your favourite coffee shop home

Everybody knows the cost of that daily coffee you pick up on the way to work can add up to quite a bit of money each year. For Canadians who give in to the daily grind, we spend on average \$700 each year for a plain cup of coffee. At this time of the year, it might be nice to save some money while enjoying our java. Invest in an at-home-brewing machine and a thermal travel mug and you could be saving hundreds of dollars a year on your morning ritual.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Not only can you save money, but you can also help keep millions of paper cups out of the landfills when you use a refillable mug. Here's a list of the machines and coffee costs (based on a five-day work week) from a few of your favourite java houses.



Tim Hortons' Tassimo

Canada's favourite cup of java by far. Their at-home brew comes in the form of the Tassimo T-DISCs capsules and gets made exclusively in a Tassimo at-home-brew machine. The average machine price is \$160 and the coffee capsule is 65 cents — that's \$169 per year.



Van Houtte's Keurig

An established coffee house in Quebec, Van Houtte is making inroads across Canada. Their at-home-brew version is from the Keurig's brewing system and capsules are called the K-CUP. The Keurig Special Edition 860 brewer machine costs \$180 and the K-CUPS average 73 cents, that's \$189.80 per year.



Starbucks Verisimo

Starbucks, the big American coffee shop, has done marvels for the coffee culture in Canada and around the world. For those who criticize the dark-roast blends, they've introduced the Blonde Roast coffee, a lighter, fresher coffee bean. Starbucks has their own at-home-brewing machine called the Verisimo System, which costs \$200. Their Verisimo coffee pods cost an average of \$1, which will average you about \$260 for a coffee before each work day.



Timothys Keurig

A lesser know shop is Timothys, which started in Ontario and has spread throughout Canada and a bit in the United States. Their at-home-brewing machine is also the Keurig (like Van Houtte) and the B31 Brewer costs \$100. Look for it in a few fashionable colours. The K-CUP capsules average 73 cents per cup, which tallies into about \$189.80 per year for your morning work coffee.



Nespresso

Here's the case of a reverse situation. Nespresso launches quality brand espresso capsule systems and it becomes so popular that they start opening Nespresso Cafés around the world. Look for them on the toniest of streets in major Canadian cities. The fancy Nespresso Grand Maestria machine costs a whopping \$800, capsules average 60 cents each or \$156 per year. It's all about exclusivity and prestige with this brand.

It's the thought that counts: make your V-Day eco-friendly



QUEEN OF GREEN
Toviah Paglaro
green@metronews.ca

What are the greenest

flowers to choose for Valentine's Day?
- Mark, Calgary

There is no more ubiquitous symbol of love than the

Valentine's Day bouquet. But nothing says "I love you" quite as dismally as a pesticide-laden bouquet of flowers, grown by children in a country far away, under

hideous working conditions. It's sort of a turnoff.

Luckily, your valentine blooms can plant the seed for long-lasting happiness when you choose fair-trade flowers or potted plants.

Fair-trade flowers are available from major retailers like Choices, Whole Foods and Thrifty Foods. Other florists may also have fair trade or local options available by request. If not, point them toward buds certified by one of three organizations: Fairtrade Canada, the Rainforest Alliance and Veriflora.

Although there are subtle differences between certifiers, they all provide similar assurances to the buyer and benefits to the grower.

These include restrictions on certain agrochemicals, equitable wages (often double the standard) and a firm commitment to avoid child labour.

Fair-trade certification is a huge step toward showing your Valentine you care about her or his health and the world.

But it doesn't guarantee that the flowers you're giving are completely free of harmful chemicals. This is because no one tests im-



A fair-trade bouquet or live plant is the best option for a green Valentine's Day. ISTOCK IMAGES

ported flowers for chemical residues.

To shoot Cupid's arrow really straight, look for live flowers. Something that grows is an enduring symbol of your love, one that's infinitely more romantic than a short-lived burst of colour that dies within a few days.

A locally grown, pesticide-free plant is a great choice. Many household plants produce impressive flowers, with the added

benefit of increasing the air quality in your home.

Or, for a fresh twist on the flower-giving tradition, surprise your garden-loving valentine with a thoughtful selection of spring seeds or bulbs.

Whether you choose a fair-trade bouquet or a beautiful live plant, your gal (or guy) will be romanced by the care you put into choosing a valentine that's as good for the world as it is thoughtful!

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TENANT INSURANCE IS AFFORDABLE PEACE OF MIND

Would you have enough set aside to replace your belongings?

So, you've found your ideal apartment: A two-bedroom basement paradise or a mid-town penthouse or a fantastic south-facing one-bedroom condo. Now it's time to move in right away, right? Sure, start packing, but make sure you also budget for tenant insurance.

Perhaps you think you don't need it because you're only renting and you don't own any fancy stuff. But, what if something happened — would you have enough set aside to replace all your belongings and to find temporary housing?

"Tenant insurance is necessary because it protects your property and also covers you in the event that you accidentally cause damage to the property of others," says Pina Ferraro-Novello, a corporate underwriter with Desjardins General Insurance Group. "For example, if your bathtub overflowed and flooded the apartment below destroying your neighbour's property, tenant insurance would protect you. Luckily, it's a simple and affordable coverage. Also, if you're a student, your parents' policy might automatically extend coverage to you at school."

What's typically covered by tenant insurance?

This protects you from damage, such as

fire, theft, certain water damage and vandalism.

If your apartment is seriously damaged as a result of an insured loss, tenant insurance would also typically cover your additional living expenses while it's being repaired.

Tenant insurance also provides liability coverage if someone gets hurt because of your negligence, such as slipping and falling on a wet floor in your apartment.

How much coverage do you need?

The total cost of tenant's insurance will depend largely on the value of your contents. Most renters tend to underestimate what it would cost to replace their belongings. It's smart to take an inventory, including photos, which only takes a few minutes and will make things a lot easier if you experience a loss.

Start by walking from room to room and itemize all the contents, including your closets and cupboards. You might think they're not worth that much until you have to replace them.

Keep in mind, however, that coverage for some insured items may be subject to exclusions or maximum limits.

Read your policy carefully to determine your exact coverage.

Typical items to include on your inventory are computers, printers, tablets, smartphones, flat-screen TVs, video game systems and games, music players and other electronics, clothes, shoes, boots, pots, pans, and other personal and household items.

— NEWS CANADA



A typical item to include on your inventory is a flat-screen TV.

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Aporkalypse Now

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JEFF
O'REILLY
For Metro

Got the February blahs? Has there ever been a month where 50 shades of grey could be so utterly unsexy? The days may be getting longer — but they're feeling longer too. Trudging through slushy sidewalks with salt-encrusted pant legs and weathered footwear is a tiring addition to the daily grind, making it extremely easy to let your mind wander to exotic sun-drenched tropical beach get-aways. While Wiarton Willie may have predicted an early spring last weekend, I'm not holding my breath.

All I can say is thank God for Winterlude.

Ottawa's 35th annual celebration of the joy of winter is the perfect distraction. The World's Largest Skating Rink, a.k.a. the Rideau Canal, has been in surprisingly great shape considering the roller coaster weather that has ranged from -41 C to 11 C in



Skating on the Rideau Canal.

ISTOCKPHOTOS/THINKSTOCK

a single week. Smiling snowmen and beautifully carved ice sculptures seem to bring a certain stately beauty that could only be created from the cold of the season, and with the addition of the new Winterbrewed Craft Beer Festival happening on Sparks Street next weekend, maybe there's more to look forward to before I dust off my golf clubs after all.

With 13 local and Ontario craft breweries already signed up, the prospect of new and exciting beers to discover is high on my to-do list. I was delighted to get a sneak peak at a new colla-beer-ation from HogsBack and Broadhead (with a little help from the Ottawa Valley's Pork Of Yore) and their limited release called Aporkalypse Now Oatmeal Bacon Stout. Cold weather calls for big flavours and I am ready to dig in.

Aporkalypse Now Oatmeal Bacon Stout (5.5 per cent ABV) pours out the colour of black coffee with dark chestnut highlights and a thick taupe head. The nose is filled with sweet aromas of roasted dark and caramel malts and a hint of woody smoke in the background. Sweetness is found up front in the taste with rich caramel, brown sugar, bakers' chocolate and roast coffee before subtle but chewy backbacon-y flavours and smokiness take over. Rich and creamy smooth with a medium to full body (from the oatmeal) takes you on an interesting journey from sweet to slightly bitter and sour with a warming soft

Big flavours

"Aporkalypse Now Oatmeal Bacon Stout (5.5 per cent ABV) pours out the colour of black coffee with dark chestnut highlights and a thick taupe head. The nose is filled with sweet aromas of roasted dark and caramel malts and a hint of woody smoke in the background. Sweetness is found up front in the taste with rich caramel, brown sugar, bakers' chocolate and roast coffee before subtle but chewy backbacon-y flavours and smokiness take over."

lingering finish. This versatile beer would be perfect with a big stack of flapjacks smothered in butter and maple syrup, a hearty Saturday morning pub breakfast or Sunday brunch, a St. Lawrence Market Peameal Bacon Sandwich, Irish Cashel Blue Cheese or even a piece of black forest cake.

The Winterbrewed Craft Beer Festival runs Feb. 16-17 in the Sparks Street Mall. More details in next week's column.



Sparks Street Mall's Les Gagne raises a pint of Aporkalypse Now in anticipation of the Winterbrewed Festival.

JEFF O'REILLY/FOR METRO



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SPECIAL INFORMATION FEATURE



Pictured are volunteers in the current Shepherds' of Good Hope kitchen. Taste of Hope is fundraising to improve the facility in the most fashionable cocktail party style the city has seen so far in 2013. SAMANTHA EVERTS/FOR METRO

A culinary guide to Winterlude Feasts

Festival. Winterlude presents a variety of foodie events from casual to fine dining

SAMANTHA EVERTS
For Metro

Winterlude offers a delicious serving of the best culinary talent the city has to offer until Feb. 16. You can take in a unique variety of foodie events that highlight local chefs, winemakers and Canadian products.

One of the events that has partnered with Winterlude is Taste of Hope. Kicking off its inaugural feast, Taste of Hope, presented by the Shepherds' of Good Hope Foundation, is a fundraising cocktail

party being held tonight at City Hall. More than a dozen top chefs from Luxe Bistro to Urban Pear to Chez Lucien have joined forces to improve the Murray Street kitchen facility that serves more than 700,000 people each year.

There will be 18 stations for you to sample from, as well as plenty of beer and wine.

The theme is food, and with such a wide variety of chefs, you're guaranteed a memorable meal. On the menu so far are duck confit pogos from Mariposa Farm by Brut Cantina Social.

On Friday, the Ottawa Art Gallery turns into a winter wonderland with the Norwegian Embassy with live entertainment, stories of trolls and most importantly, traditional Norwegian food. Warm mugs

of gløgg (mulled wine) and shots of aquavit (traditional flavoured spirit) will give you rosy cheeks while Norwegian cheeses, smoked salmon and other hors d'oeuvres will be available for sampling.

Now for foods found closer to home, The Courtyard Restaurant in the market will be featuring a five-course dinner that celebrates Canadian and Wild Game on Friday night. If your mouth gets watering over the mention of roasted meats you've never tried over smouldering embers, Chef Murray Wilson is game. After a day out on the Canal, treat yourself to a fine dining meal of caribou, wild boar and even foraged fruits expertly prepared in the heritage building.

For more culinary events, visit canadascapital.gc.ca.

Azzuro di Buffala. New Ontario blue cheese to beat winter blahs



CURD ON THE STREET
Vanessa Simmons
For Metro

My cheese pick this week is the perfect choice to beat away the winter blues or blahs, particularly when you've worked so hard to clear the driveway of three feet of snow. Your just deserved reward is Glengarry Fine Cheese's new blue, Azzuro di Buffala. Located north of the 401 near Cornwall, in Lancaster, Ont., award-winning cheesemaker Margaret Morris and team continue to pioneer.

They make delicious cheeses from the fresh milk of farmstead Holstein cows, local goat's milk, and now one of Ontario's only herds of water buffalo.

Not your average blue, with this one, a little goes a long way. All you über-connoisseurs of blue cheese take note!

I love this cheese and have had the pleasure of tasting the first batch almost a year ago. I find its buffalo milk base like a blank canvas that truly allows the cheese shine. It's full of classic characteristics of "blue" moulds: Piquant/sharp giving a nice bite that stays with you, salty but fully flavourful. The paste is soft, rounding out with age, and aqua/teal blue veining



Azzuro di Buffala produced by Glengarry Fine Cheese, Lancaster, Ont.
VANESSA SIMMONS/FOR METRO

(unlike sister cheese Celtic, which is more slate-toned). Nibbling on the thick rind is akin to a thin spread of peanut butter on lightly toasted bread, lending mild nutty characteristics with a hint of yeast.

Celebrate Chinese New Year

February 10, 2013

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<p>Cup Cakes</p> <p>2 FOR 1.85</p>	<p>Superior Sushi Party Tray</p> <p>12 ea</p> <p>25.88</p>	<p>Burnbrae Jumbo Brown Eggs 12s</p> <p>2 FOR 5.50</p>	<p>T&T Brown Rice</p> <p>6.8kg</p> <p>9.88 /bag</p>
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A leaner and lighter way to commemorate Chinese New Year



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I love the Mu Shiu served in Chinese restaurants. Minced pork, chicken or beef with hoisin sauce and vegetables is served in lettuce leaves or flour wraps.

They're high in calories and fat due to extra oil and the fattier quality of the beef.

These homemade ones taste great and they're

leaner. The peanut sauce is made with light coconut milk.

Try them when you celebrate the Chinese New Year on Sunday.

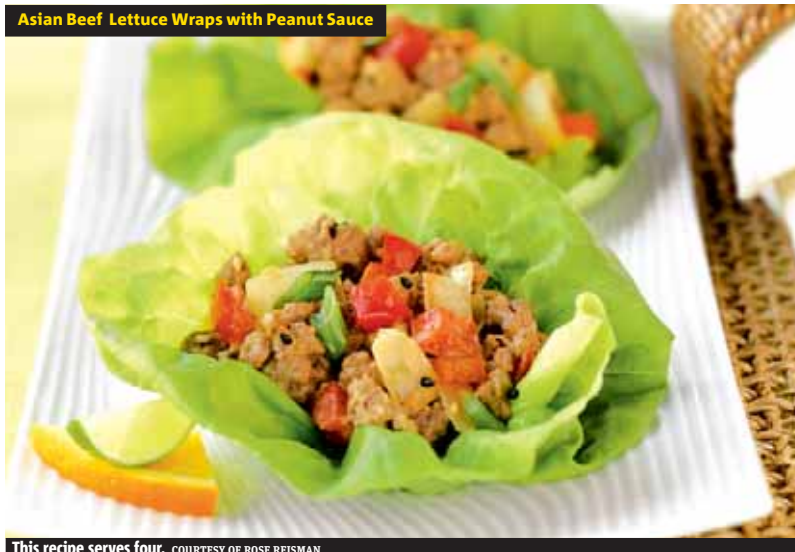
1. Spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium-high heat. Sauté the onion until browned, about 5 minutes.

2. Add the carrot and bell pepper and sauté for another 8 minutes, until the vegetables are tender-crisp.

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup diced carrot
- 3/4 cup diced red bell pepper
- 12 oz extra-lean ground beef
- 1/4 cup light coconut milk
- 2 tbsp natural peanut butter
- 4 tsp low-sodium soy sauce
- 4 tsp rice wine vinegar
- 2 tsp sesame oil
- 1 1/2 tsp minced garlic
- 1 tsp honey
- 1 tsp sesame seeds
- 1 tsp minced fresh ginger
- 1/2 tsp hot Asian chili sauce
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 8 large Boston or butter lettuce leaves

Asian Beef Lettuce Wraps with Peanut Sauce



This recipe serves four. COURTESY OF ROSE REISMAN

3. Add the beef and sauté until no longer pink, about 4 minutes.

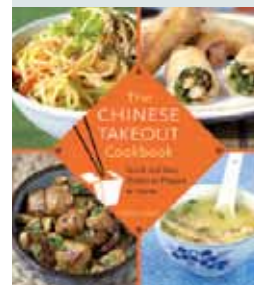
4. Combine the coconut milk, peanut butter, soy

sauce, vinegar, sesame oil, garlic, honey, sesame seeds, ginger and chili sauce. Add it to the beef mixture and simmer everything for 3 minutes.

5. Stir in the cilantro and green onions. Divide among lettuce leaves and roll up or allow your guests to roll their own. **RECIPE COURTESY OF ROSE REISMAN**

Cookbook of the Week

Takeout, without the takeout part



Ordering in is not the only way to enjoy your favourite Chinese dishes.

In her book *The Chinese Takeout Cookbook*, Diana Kuan brings Chinatown to your kitchen with 80 popular recipes, including appetizers, main courses, noodle and rice dishes and desserts.

With colour photos throughout as well as helpful tips, Kuan helps you to master classics such as Cold Sesame Noodles, Kung Pao Chicken, Beef Chow Fun, Hot and Sour Soup, Moo Shu Pork, Black Sesame Ice Cream, Pork and Shrimp Egg Rolls and much more.

METRO

Dessert. Delicious Almond Cookies



1. Heat oven to 160 C (325 F).

2. In a standing electric mixer fitted with the paddle attachment, combine flour, sugar, baking soda and salt.

Ingredients

- 625 ml (2 1/2 cups) all-purpose flour
- 250 ml (1 cup) sugar
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 250 g (1/2 lb or 2 sticks) unsalted butter, cut into pieces and softened
- 2 large eggs, beaten
- 10 ml (2 tsp) almond extract
- 40 whole almonds
- 1 large egg, beaten, for glaze

Beat in softened butter a few pieces at a time at low speed, until texture resembles that of cornmeal. Beat in eggs and almond extract until a smooth dough is formed.

3. Roll dough between your palms into 3-cm (1 1/4-inch) balls and place them 5 cm (2 inches) apart on ungreased baking sheets.

4. Using the palm of your hand, gently flatten each ball and place an almond in the middle of each. Brush the top of each cookie with egg glaze.

5. Bake for 18 to 20 minutes or until cookies are golden on top, rotating the top and

Celebrate

The Chinese New Year Carnival 2013 comes to Ottawa on Feb. 20. Visit legendofchina.net for more information.

bottom baking sheets half-way through.

6. Transfer cookies to a cooling rack and let cool for at least 5 minutes before serving. The cookies will keep for up to 3 to 4 days in an airtight container. **THE CANADIAN PRESS/ THE CHINESE TAKEOUT COOKBOOK: QUICK AND EASY DISHES TO PREPARE AT HOME BY DIANA KUAN (BALLANTINE BOOKS, 2012).**

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Olympics

Canada not budging from Own the Podium stance

Canada won more gold medals than any country at the 2010 Vancouver Olympics, but that's not the goal a year from now in Sochi.

The target for the 2014 Winter Games remains as it was for Vancouver — to beat all other countries in total medals won.

Canada did not achieve that in 2010. The team finished third in the overall medal count with 26 behind the United States (37) and Germany (30).

While Canada's 14 gold in Vancouver set a record for the most won by a country at a single Winter Games, the country isn't moving off the objective of winning the overall medal count in Sochi.

THE CANADIAN PRESS

Olympics

Costs mounting for Sochi Winter Games

Russian President Vladimir Putin scolded government officials Wednesday over a two-year delay and huge cost overruns in the construction of the ski-jump facility for the Sochi Olympics.

The 2014 Winter Games, which open one year from Thursday, are expected to cost \$51 billion US, making it the most expensive Olympics in history.

Deputy Prime Minister Dmitry Kozak was forced to acknowledge during a nationally televised exchange that the cost of building the ski-jump facility had soared to \$265 million from \$40 million.

THE ASSOCIATED PRESS



Craig Anderson makes a save against the Montreal Canadiens at Scotiabank Place on Jan. 30. The netminder was named the NHL's first star for January.

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Sens look to goalie to fill Spezza's void



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

With last season's leading point-getter Jason Spezza sidelined for up to eight weeks while his wonky back heals, Senators coach Paul MacLean and GM Bryan Murray face a difficult challenge.

Over the past week, MacLean has been searching desperately to find line chemistry, and Murray continues to persistently work the phones to locate a substitute for their star pivot. In the meantime, the burden of pressure falls squarely on a player who

won't replace Spezza's goals: Netminder Craig Anderson.

To say the stopper has been stellar in the early going is an understatement. Anderson, named the NHL's first star for January, leads all goalies with a 1.33 goals-against average and .956 save percentage, while facing a second-most 274 shots through nine games. To boot, the Park Ridge, Ill., native has allowed only two goals in the final 40 minutes of a game to date, that coming Tuesday versus Buffalo.

With promising Robin Lehner in the midst of an all-star season in the AHL, some analysts were mildly surprised when MacLean anointed the 31-year-old Anderson as the

Senators' incumbent-starter prior to the opening of mini-camp.

But after guiding his club to a Game 7 match versus the Rangers in last spring's playoffs, Anderson deserved first dibs. To his credit, after spending the last few weeks of the lockout working out in Florida with goalie coaching guru Francois Allaire and good friend Roberto Luongo, the consummate pro entered camp in tip-top condition.

Anderson's demeanour and work ethic are impeccable, and his teammates appreciate it.

"He's such a hard worker. I love the way that he prepares for games," said defenceman

Marc Methot. "We have all the confidence in the world in him."

The 10-year veteran has been somewhat of a workhorse the past three seasons, averaging 62 appearances per campaign. And that number would be even higher if he hadn't missed at least a month each year. Anderson has already donned the pads in nine of the club's first 10 games this season.

The workload raises the burnout question: Should MacLean be leaning on Anderson so frequently, so early? But as the adage goes, strike while the iron is hot. And right now Craig Anderson is sizzling.

Three big guns losing the playoff scent

They made up three teams of the NHL's version of the final four last season.

This season, the Los Angeles Kings, New York Rangers and Phoenix Coyotes aren't playing like Stanley Cup contenders. All three have failed to build on their post-season runs and sky-high pre-season expectations. The Kings, the defending Stanley Cup champions, and the Rangers wouldn't even make the playoffs at this rate. And amid complicated ownership issues, the Coyotes are just hanging on.

The Rangers can probably forget about winning the conference for the second straight season. New York has little depth and no scoring punch

outside of the top line. Front-loading that first line of Marian Gaborik, Brad Richards and Rick Nash has worked. They've combined for nine goals and 23 points. It's the rest of the team that's struggled.

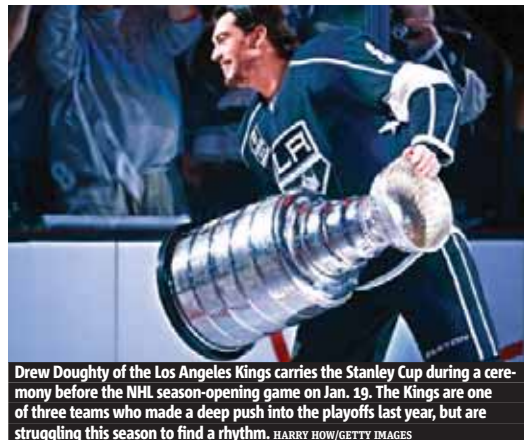
The Coyotes, with their long-term future now uncertain, are slowly turning around their season and have points in their last five games.

"I think we're just getting a rhythm," Coyotes general manager Don Maloney told the team's website. "You hate to make any excuses, but we played 10 games in 17 nights without basically any camp. The first five, six were a whirlwind. We were trying to sort ourselves out."

The Kings may be the most disappointing of them all. The defending champs are in the midst of playing eight of nine games on the road. They hope they can ride out the rough patch without falling further behind, before opening a stretch of five straight home games and 10 of 12 overall starting March 4. Like the Rangers, the Kings simply can't score. Toss out Jeff Carter's four goals, and they only have 15 this season.

Where the teams finish, of course, doesn't really matter, as long as they make the playoffs. But something needs to change soon, or they'll continue to be on the outside looking in.

THE ASSOCIATED PRESS



Drew Doughty of the Los Angeles Kings carries the Stanley Cup during a ceremony before the NHL season-opening game on Jan. 19. The Kings are one of three teams who made a deep push into the playoffs last year, but are struggling this season to find a rhythm. HARRY HOW/GETTY IMAGES



Streiking Celtics bowl over Raptors

Raptor Andrea Barnani falls as he battles for the ball with Boston Celtic Leandro Barbosa on Wednesday in Toronto. Boston won its fifth straight game, beating Toronto 99-95. FRANK GUNN/THE CANADIAN PRESS

Milanovich, Hufnagel, Benevides up for award

CFL coach of the year.

Milanovich's Argos defeated Hufnagel's Stampeders for Grey Cup in November

Scott Milanovich of the Grey Cup-champion Toronto Argonauts was named a finalist for the CFL's coach of the year award Wednesday.

John Hufnagel of the Calgary Stampeders and Mike



Scott Milanovich TORSTAR NEWS SERVICE

Benevides of the B.C. Lions were the other finalists.

Voting was conducted by the Football Reporters of Canada. The award winner will be

honoured Feb. 28 in Regina.

Toronto finished second in the East Division with a 9-9 record under its rookie head coach. But following playoff wins over Edmonton and Montreal, the Argos downed Calgary 35-22 in the 100th Grey Cup game at Rogers Centre.

Hufnagel, the CFL's top coach in 2008, led Calgary to second spot in the West Division with a 12-6 record despite losing starter Drew Tate to injury for most of the season.

THE CANADIAN PRESS

Skiing

Vonn aims to medal in Sochi

Lindsey Vonn is determined to be back competing for medals at next year's Sochi Olympics despite her season-ending knee injury after a crash.

According to the U.S. Ski Team's alpine director, she's even hoping to start racing again in late November or early December.

Vonn tore two liga-

ments in her right knee and broke a bone in her lower leg in the opening race of the world championships, and the reigning Olympic downhill champion will undergo surgery in the U.S. next week.

"I am grateful to my fans for the outpouring of support, which has really helped me stay positive," Vonn said in a statement on Wednesday, a day after her super-G crash in Schladming, Austria.

THE ASSOCIATED PRESS

Skiing

Ligety surprise winner in super-G

Ted Ligety produced a blistering finish Wednesday to win the super-G at the world championships, his first career victory in the discipline.

The American took risks in the final section of the Planai course in Schladming, Austria, to win in 1 minute 23.96 seconds.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	10	7	3	0	34	24	14
New Jersey	9	5	1	3	23	20	13
NY Islanders	9	4	4	1	29	30	9
NY Rangers	9	4	5	0	20	25	8
Philadelphia	10	4	6	0	23	27	8

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Ottawa	10	6	3	1	29	19	13
Montreal	8	6	2	0	26	17	12
Toronto	10	5	5	0	25	29	10
Buffalo	10	3	6	1	30	37	7

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	9	6	3	0	40	23	12
Winnipeg	9	4	4	1	27	34	9
Carolina	8	4	4	0	22	24	8
Florida	9	3	5	1	22	33	7
Washington	10	2	7	1	23	36	5

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	10	8	0	2	33	23	18
St. Louis	9	6	3	0	32	25	12
Nashville	9	4	2	3	20	21	11
Detroit	9	4	4	1	23	28	9
Columbus	10	3	6	1	20	32	7

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	9	5	2	2	24	22	12
Edmonton	9	4	3	2	22	24	10
Minnesota	9	4	4	1	21	24	9
Colorado	9	4	5	0	21	23	8
Calgary	7	2	3	2	20	25	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	10	7	2	1	34	21	15
Anaheim	8	6	1	1	29	23	13
Phoenix	10	4	4	2	29	27	10
Dallas	10	4	5	1	20	25	9
Los Angeles	8	3	3	2	20	25	8

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Wednesday's results

Boston at Montreal

Anaheim at Colorado

Dallas at Edmonton

Tuesday's results

Toronto 3 Washington 2

Los Angeles 4 Columbus 2

Pittsburgh 4 NY Islanders 2

New Jersey 3 NY Rangers 1

Philadelphia 2 Tampa Bay 1

Calgary 4 Detroit 1

Ottawa 4 Buffalo 3

Winnipeg 3 Florida 2 (OT)

Nashville 6 St. Louis 1

Chicago 5 San Jose 3

Thursday's games — All Times Eastern

Florida at Philadelphia, 7 p.m.

Washington at Pittsburgh, 7 p.m.

Tampa Bay at New Jersey, 7 p.m.

Calgary at Columbus, 7 p.m.

NY Islanders at NY Rangers, 7 p.m.

Montreal at Buffalo, 7 p.m.

Carolina at Ottawa, 7:30 p.m.

Toronto at Winnipeg, 8 p.m.

Los Angeles at Nashville, 8 p.m.

Detroit at St. Louis, 8 p.m.

Vancouver at Minnesota, 8 p.m.

Chicago at Phoenix, 9 p.m.

Friday's games

Anaheim at Dallas, 8:30 p.m.

SCORING LEADERS

	G	A	Pt
Vanek, Buf	8	11	19
Stamkos, TBL	7	9	16
Kane, Chi	6	9	15
Marleau, SJ	9	5	14
Pominville, Buf	6	8	14
Crosby, Phg	4	10	14
Thornton, SJ	3	11	14
St. Louis, TBL	3	11	14
Zetterberg, Det	5	8	13
Pavelski, SJ	5	8	13
Clarkson, NJ	7	5	12
Kunitz, Phg	6	6	12
Conacher, TBL	5	7	12
Enstrom, Win	2	10	12
Malkin, Phg	2	10	12
Couture, SJ	6	5	11
Lecavalier, TBL	4	7	11
Tavares, NYI	4	7	11
Ribeiro, Wash	3	8	11
Staal, Car	7	3	10
Parise, Min	6	4	10
Hossa, Chi	6	4	10
Tarasenko, STL	5	5	10
Hodgson, Buf	5	5	10
Gagner, Edm	3	7	10
Datsyuk, Det	3	7	10
Vrbata, Phx	3	7	10
Purcell, TBL	2	8	10
Elias, NJ	2	8	10

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	31	14	.689	—
d-New York	31	16	.660	1
d-Indiana	31	19	.620	2 1/2
Chicago	29	19	.604	3 1/2
Brooklyn	28	20	.583	4 1/2
Atlanta	26	21	.553	6
Milwaukee	25	22	.532	7
Boston	25	23	.521	7 1/2
Philadelphia	21	27	.438	11 1/2
Detroit	18	31	.367	15
Toronto	17	32	.347	16
Cleveland	15	34	.306	18
Orlando	14	35	.286	19
Washington	13	35	.271	19 1/2
Charlotte	11	37	.229	21 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	38	11	.776	—
d-Oklahoma City	36	12	.750	1 1/2
d-L.A. Clippers	35	16	.686	4
Memphis	30	17	.638	7
Denver	31	18	.633	7 1/2
Golden State	30	18	.625	7 1/2
Utah	27	22	.551	11
Houston	27	23	.540	11 1/2
Portland	25	23	.521	12 1/2
L.A. Lakers	23	26	.469	15
Dallas	20	28	.417	17 1/2
Minnesota	18	27	.400	18
Phoenix	17	32	.347	21
Sacramento	17	33	.340	21 1/2
New Orleans	15	33	.313	22 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Wednesday's results

Cleveland 122 Charlotte 95

Indiana 88 Philadelphia 69

Boston 99 Toronto 95

L.A. Clippers 86 Orlando 76

Washington 106 New York 96

Houston at Miami

Memphis at Atlanta

Brooklyn at Detroit

Golden State at Oklahoma City

Phoenix at New Orleans

Portland at Dallas

Milwaukee at Utah

San Antonio at Minnesota

Tuesday's results

Indiana 114 Atlanta 103

L.A. Lakers 92 Brooklyn 83

Phoenix 96 Memphis 90

Houston 140 Golden State 109

Denver 112 Milwaukee 104

Thursday's games — All Times Eastern

L.A. Lakers at Boston, 8 p.m.

Chicago at Denver, 10:30 p.m.

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Horoscopes

Aries

March 21 - April 20

Friendships are under excellent stars at the moment and someone you meet on your travels will become a firm favourite. Yes, they're a bit "different" but that's what makes them so interesting.

Taurus

April 21 - May 21

The current planetary set-up is overwhelmingly favourable. No, really, it is. Today's influences are especially good for matters related to your work or career, so make use of them. Let your boss see how keen and committed you are.

Gemini

May 22 - June 21

Employers and other important people are hugely impressed by your efforts over the past few months and some sort of recognition or promotion cannot be far away. They can see you've got what it takes — so take it.

Cancer

June 22 - July 23

You don't have to be fearful. You don't have to hide in the shadows. The way to overcome your doubts is to put them to the test. Do something today that most people would try to avoid. You're not most people.

Leo

July 24 - Aug. 23

Try not to be too hard on yourself. Yes, you have made mistakes, maybe more than a few. But you are human like everyone else, so don't beat yourself up about it. You make more mistakes because you take more risks.

Virgo

Aug. 24 - Sept. 23

What you need to remember today is that pressure can be creative. It may feel as if you are being forced to move into unfamiliar territory but don't complain too much. You will feel the benefits soon enough.

Libra

Sept. 24 - Oct. 23

Expect only good things over the next 24 hours. With Venus, your ruler, linked to luck planet Jupiter, no matter how far-reaching the changes in your life may be they will be positive ones. So, why worry?

Scorpio

Oct. 24 - Nov. 22

Break out of your rut and do something more constructive with your time. What that something is only you can decide. But, anything of an artistic nature will go well for you now as will affairs of the heart.

Sagittarius

Nov. 23 - Dec. 21

You will have to act quickly today if you want to avoid some kind of feud boiling over. Be fast, be firm and be the one who demands honesty all round. Too many people are still avoiding the truth.

Capricorn

Dec. 22 - Jan. 20

Ignore rules and regulations. Do what comes naturally and take no notice of those who say you should do everything by the book. If you listen to them, it's unlikely you will ever get anywhere worth going.

Aquarius

Jan. 21 - Feb. 19

The omens are very much in your favour and there is no telling what you might achieve if you have the courage to take a few risks. On the love front, especially, you will be much in demand over the next 24 hours.

Pisces

Feb. 20 - March 20

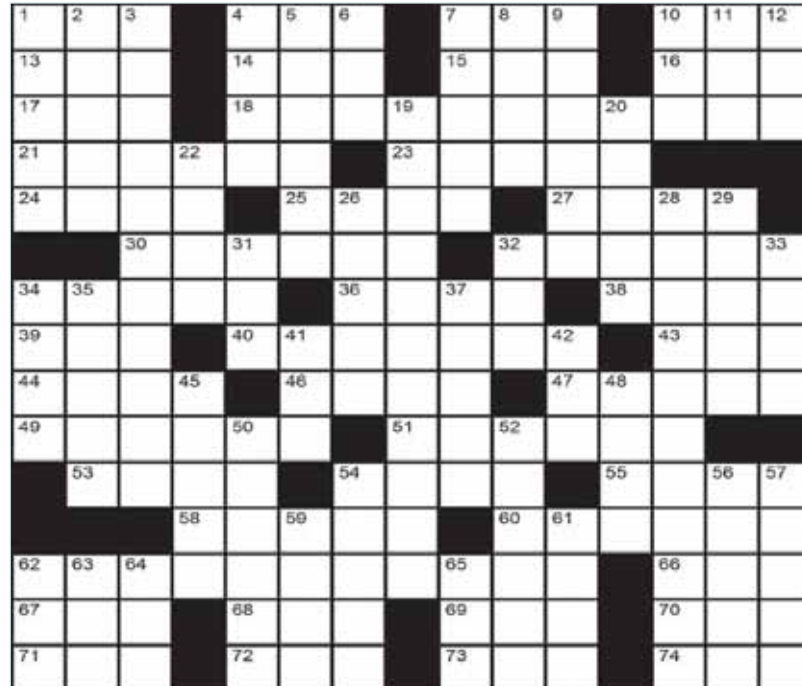
It may seem as if everyone but you is having fun at the moment but that's just because of your negative outlook. Open your eyes and see what a truly privileged lifestyle you lead and pretty soon you'll be smiling again. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Shih __ (Cute dog)
- Calgary, __
- Mil. authority
- Canadian actor Mr. Bellows
- Distinguished [abbr.]
- Actress Ms. Ling
- King, in Portugal
- Rapa __ (Easter Island)
- Dadaist Jean
- Historic site in Alberta, Head-Smashed-In __
- Fur __ (Beaver's bane in early Canada)
- Earth's __ layer
- Evening: French
- Gaelic
- Require
- The Ewing Clan's show
- Ruffled-waist, as on a dress
- Gangster from 'Star Wars', __ the Hutt
- Singer of "Grace Kelly"
- Popeye comics kid, __Pea
- "Take __, insist!"
- iPads, and others
- 'Fact' finisher
- __ vinegar
- TV-watcher's spot
- Symbols
- Dickinson of "Dragons' Den"
- Together
- "This __ laughing matter!": 2 wds.
- Their: French
- Increases twofold, for short
- Courtroom event
- Breakfast serving
- Acadian singer of "Kissing Rain": 2 wds.
- 'One' to Marie-Claire
- British singer Rita
- Affixed, abbreviated
- Hour div.
- Opposite WSW
- VJ's network
- __ Vegas
- Mac rivals
- Hockey great Mr. Apps

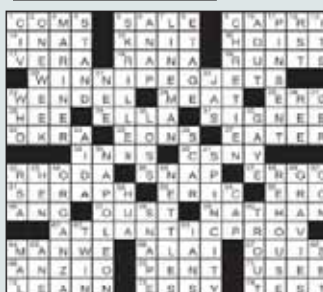
Down



- " __ great!" (Congrats!)
- Mask-and-sword swashbuckler
- Causes of past due notices: 2 wds.
- Superior at a French monastery
- Comedy duo, __ and Hardy
- "I Love Myself Today" by __ Naked
- Fad
- "Canadian Idol" Season 5 winner, Brian __
- The __ Quintuplets
- Antelope with ox-like horns
- 'Consort' completer
- Collagen target
- Coal and petroleum: 2 wds.
- Army vehicles
- Dullsville
- Sylvester Stallone title role
- Dan Aykroyd's harmonica-playing character: 2 wds.
- Expected to arrive: 2 wds.
- Globe's long. crosser
- Mr. Sajak
- Prescriptions, commonly
- "Letters from Iwo __" (2006)
- Video game pioneer
- Mr. Reeves
- Peer Gynt's mother
- Sixties-style protest, __-in

- Wedding anniversary for tin
- Relinquish control
- Aboriginal artist Mr. Morrisseau, The Picasso of the North
- Alanis Morissette hit
- Milks: French
- Squiggy's "Laverne & Shirley" pal
- Hamilton, __ City
- Speck
- Clothing department
- Movie genre, __-com
- 'Comf' completer
- Cleveland NBA-er
- Rapsallion

Yesterday's Crossword

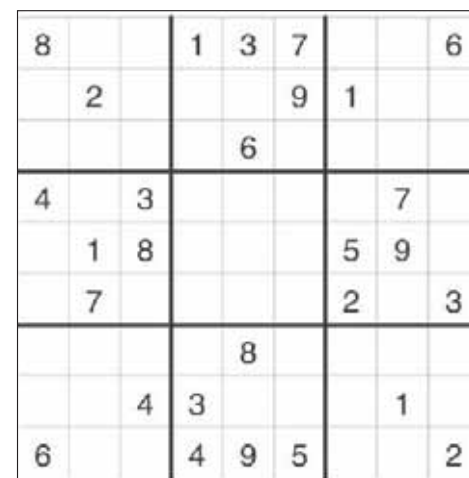


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-15°/-17°

Partly sunny

40%

Friday

-8°/-19°

5-10cm of snow

80%

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km: 56,398
Stk: 33218-a



\$8,810

2006 FORD ESCAPE XLT

V6, Air, Cruise, CD, Pwr group
km: 88,332
Stk: 34513



\$9,450

2006 HYUNDAI TUCSON 4WD

V6, Air, Cruise, CD, Pwr group
km: 97,472
Stk: 33005



\$9,900

2008 JEEP COMPASS

Manual, Air, Pwr group
km: 97,363
Stk: 34470



\$8,970

2007 KIA SPORTAGE LX

Air, Cruise, CD, Pwr group
km: 99,590
Stk: 33798



\$9,980

2006 PONTIAC TORRENT AWD

Air, CD, Pwr Windows, Locks
km: 76,475
Stk: 12452-a



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km: 97,199
Stk: 12456-a



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km: 56,484
Stk: 34522



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Stk: 34440



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km: 116,369
Stk: 34463-a



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km: 64,065
Stk: 33383



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km: 15,240
Stk: 34549 usa



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